



WORKOUT SCHEDULE 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30am	W.O.D	W.O.D	W.O.D	W.O.D	W.O.D	7.30 am	Open Box
9.15am	W.O.D	W.O.D	W.O.D	W.O.D	W.O.D	8.30am	W.O.D
4.30pm	W.O.D	W.O.D	W.O.D	W.O.D	W.O.D		
5.30pm	W.O.D	W.O.D	W.O.D	W.O.D	W.O.D		
6:30pm	ON RAMP	OLY	ON RAMP	OLY	ON RAMP		

ON-RAMP BEGINNERS

At CrossFit Tropics, we believe in technique first followed by intensity so those joining CrossFit who have had no or minimal exposure to the sport can join in a way that is going to be safe, fun and non-intimidating. Our Beginner Program involves 12 sessions over 4 weeks, with each session focusing on a different component of CrossFit. This program is designed to get you ready to attend the regular W.O.D. (Workout of the Day).

W.O.D

Featuring the W.O.D (Workout Of the Day) this is our main class. We utilize everything from gymnastics to weightlifting and a whole host of functional movements. Our workouts aim to increase General Physical Preparedness in everyone from the Elite Athlete to those looking to lose some weight and have fun whilst doing it. All fitness levels welcome as we offer various scaling options! Our coaches are here every step of the way to guide you and help you not only to reach your fitness goals, but smash them!

Oly-LIFTING

A program designed for all level of CrossFitters. Whether you're new and want to learn the art of Olympic Lifting or a seasoned lifter looking to hone your technique. Oly Lifting focuses on the Clean, Jerk and Snatch, using progression and skill based drills that help teach and improve your lifts.

