 [info@crossfitgsp.com](mailto:info@crossfitgsp.com) | 48 Overlook Ave Rochelle Park, NJ | 201.556.0500

| Period | Monday | Tuesday | Wednesday | Thursday | Friday |  | Saturday | Sunday |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 5:30 | WOD | WOD | WOD | WOD | WOD |  |  |  |
| 6:30 | WOD | WOD | WOD | WOD | WOD |  |  |  |
| 7:30 | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym |  |  |  |
| 8:30 | WOD | WOD | WOD | WOD | WOD |  |  |  |
| 9:30 – 12:30 | Open Gym | WOD | WOD | WOD | Open Gym | 9 – 10:00 | WOD |  |
| 12:30 | WOD | WOD | WOD | WOD | WOD | 10:00 – 11:00 | INTRO TO CF | Barbell Club |
| 1:30 – 5:30 | Open Gym | WOD | WOD | WOD | Open Gym | 11:30 – 12:30 | WOD | Open Gym |
| 5:30 | WOD | WOD | WOD | WOD | Open Gym | 12 – 1:00 |  | Open Gym |
| 6:30 | WOD | WOD | WOD | WOD | **6PM** – WOD | 1 – 2:00 |  | Open Gym |
| 7:30 | WOD | WOD | WOD | WOD |  |  |  |  |
| 8:30 |  | Barbell Club | Yoga | Competitors |  |  |  |  |

**Work Out of the Day (WOD)** – These hour long classes include warm –up, strength or skill work, and metabolic conditioning.

**Fundamentals** – Include 101, 102, & 103 are pre-requisites before jumping into a regular WOD.

**Yoga** – Use this class as a mid-week active recovery. Here you will focus on mobility, relaxation and recovery!!!