

FROM 17 MAY 2021



CROSSFIT AND FORTIFY SCHEDULE

INCLUDING USEFUL
THINGS TO KNOW!

BY FORTITUDE

KEY THINGS

- You need to have signed an online COVID waiver prior to arriving. Your coach would have emailed this to you, please check your spam. It will come from “Wodify”
- Arrive 5 minutes early, for an introduction and show you where the important items are
- We have showers available, please bring your own towel
- There is a water machine, and we do have disposable cups, but if you can bring your own bottle to help the environment, that would be amazing
- There are Nocco drinks and Barebells bars on sale. If your card is on Wodify, write down your name and what you took on the “Pro shop sheet”
- The class will gather around the main glass whiteboard at the start of class. You will be briefed, taken through a warm up, the workout and a cool down
- Please feel free to use any of the mobility accessories before and after class

FORTIFY SESSIONS

Each class is 60 minutes with a 15-minute gap between classes for COVID restrictions

All "Open" sessions are available if unable to attend the Coached session. The whiteboard brief, movement demos, program video are all available on the Wodify app.

Times	Monday-Tuesday	Wed	Thursday-Friday	Saturday	Sunday
07:15	Coached		Coached		
08:30	Open		Open		
09:45	Open		Open	Open	
11:00	Open		Open	Open	
12:15	Open		Open		
13:30	Open		Open		
14:45	Open		Open		
16:00	Open		Open		
17:45	Coached		Coached		
19:00	Open		Open (Thursday only)		