

UPDATED AUGUST 2021



CROSSFIT AND FORTIFY SCHEDULE

INCLUDING USEFUL THINGS TO KNOW!

BY FORTITUDE

WELCOME TO FORTITUDE

This is your little nugget of info of what to bring and expect when arriving at Fortitude Fitness London!

This document is applicable from 17 May 2021 when classes may resume in accordance with government guidelines and COVID restrictions

Note!

We can't wait to meet you!

KEY THINGS!

- You need to have signed an online COVID waiver. Your coach would have emailed this to you beforehand. Please check your spam encase. It will come from “Wodify”
- If you haven’t signed one, the coach will require you to sign it before the start of the class
- Unit 178 is a unit on the “outside” of the Cannon workshop. Do not go through the arches, turn left and walk in the direction of the hotel, at the wall turn right, we are by the big tyre
- Fortify classes are in the Training hall, please do go through the arches, you will see it right in front of you
- Arrive 5 minutes early, so that we can introduce ourselves to you and show you where important items are:-)
- If in 178 Cannon workshops, the bathrooms are not inside the unit just just a few steps away. Check with a coach to show you
- Yes, we have showers, 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, Barebells and other protein vibes on sale. If your card is on Wodify, you just need to 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, be 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 session is 60 minutes, there is a 15 min leeway for COVID restrictions.

More coached sessions will be added as demand requires.

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
07:15	Coached	✗	Coached
08:30	Open	✗	Open
09:45	Open	✗	Open
11:00	Open	✗	Open
12:15	Open	✗	Open
13:30	Open	✗	Open
14:45	Open	✗	Open
16:00	Open	✗	Open
17:45	Coached	✗	Coached
19:00	Coached	✗	Coached (except Friday)