



# Torian Weekly Class Schedule

| Monday   |                                    | Tuesday              |                       | Wednesday  |                                    | Thursday             |                       | Friday   |                       | Saturday            |
|--|------------------------------------|----------------------|-----------------------|--|------------------------------------|----------------------|-----------------------|--|-----------------------|---------------------|
| 5am-6am<br>CrossFit  |                                    | 5am-6am<br>CrossFit  |                       | 5am-6am<br>CrossFit  |                                    | 5am-6am<br>CrossFit  |                       | 5am-6am<br>CrossFit  |                       |                     |
| 6am-7am<br>CrossFit  | 6am-6:45am<br>FastFit              | 6am-7am<br>CrossFit  | 6am-6:45am<br>FastFit | 6am-7am<br>CrossFit  | 6am-6:45am<br>FastFit              | 6am-7am<br>CrossFit  | 6am-6:45am<br>FastFit | 6am-7am<br>CrossFit  | 6am-6:45am<br>FastFit | 6am-7am<br>CrossFit |
|  |                                    |                      |                       |  |                                    |                      |                       |  |                       | 7am-8am<br>CrossFit |
|  |                                    |                      |                       |  |                                    |                      |                       |  |                       | 8am-9am<br>CrossFit |
| 9:30am-10:30am<br>CrossFit<br><i>Babysitting available</i> |                                    |                      |                       | 9:30am-10:30am<br>CrossFit<br><i>Babysitting available</i> |                                    |                      |                       | 9:30am-10:30am<br>CrossFit<br><i>Babysitting available</i> |                       |                     |
|  |                                    |                      |                       |  |                                    |                      |                       |  |                       |                     |
| 12pm-1pm<br>CrossFit                                       |                                    | 12pm-1pm<br>CrossFit |                       | 12pm-1pm<br>CrossFit                                       |                                    | 12pm-1pm<br>CrossFit |                       | 12pm-1pm<br>CrossFit                                       |                       |                     |
|  |                                    |                      |                       |  |                                    |                      |                       |  |                       |                     |
| 4pm-5pm<br>CrossFit  | 3:40pm-4:25pm<br>CF Kids           | 4pm-5pm<br>CrossFit  |                       | 4pm-5pm<br>CrossFit  | 3:40pm-4:25pm<br>CF Kids           | 4pm-5pm<br>CrossFit  |                       | 4pm-5pm<br>CrossFit  |                       |                     |
| 5pm-6pm<br>CrossFit  |                                    | 5pm-6pm<br>CrossFit  |                       | 5pm-6pm<br>CrossFit  |                                    | 5pm-6pm<br>CrossFit  |                       | 5pm-6pm<br>CrossFit  |                       |                     |
| 6pm-7pm<br>CrossFit  |                                    | 6pm-7pm<br>CrossFit  |                       | 6pm-7pm<br>CrossFit  |                                    | 6pm-7pm<br>CrossFit  | 6pm-6:45pm<br>TechWOD | 6pm-7pm<br>CrossFit  |                       |                     |
| 7pm-8pm<br>CrossFit  | 7pm-8:00pm<br>Intro to<br>CrossFit | 7pm-8pm<br>CrossFit  | 7pm-7:45pm<br>FastFit | 7pm-8pm<br>CrossFit  | 7pm-8:00pm<br>Intro to<br>CrossFit | 7pm-8pm<br>CrossFit  | 7pm-7:45pm<br>FastFit |  |                       |                     |

**FastFit** is a 45-minute session designed for those after a fast-paced, cardio-based workout in a shorter period of time without barbells. FastFit will help you lose weight and get toned.....fast!

**TechWOD** is a specialty workshop that covers a new CrossFit, Weightlifting or Gymnastic topic each week in the pursuit of virtuosity. These sessions last 45 minutes and are free for all members.

**Babysitting** is available for an additional cost to your membership. Please email [info@crossfittorian.com](mailto:info@crossfittorian.com) for more information.

**CrossFit Kids**: runs from 3:40-4:25pm during a set semester, and includes two groups: 6-10 years old and 11-16 years old. For more information, please email [info@crossfittorian.com](mailto:info@crossfittorian.com).

**Personal training**: We have a range of expert coaches who can work with you 1:1 at any time you wish. Simply email [info@crossfittorian.com](mailto:info@crossfittorian.com) for more info.