



Torian Weekly Class Schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
5am-6am CrossFit		5am-6am CrossFit		5am-6am CrossFit		5am-6am CrossFit		5am-6am CrossFit		
6am-7am CrossFit	6am-7am Beginner CrossFit	6am-7am CrossFit	6am-7am Beginner CrossFit	6am-7am CrossFit	6am-7am Beginner CrossFit	6am-7am CrossFit	6am-7am Beginner CrossFit	6am-7am CrossFit	6am-7am Beginner CrossFit	6am-7am CrossFit
										7am-8am CrossFit
										8am-9am CrossFit
9:30am-10:30am CrossFit <i>Babysitting available</i>				9:30am-10:30am CrossFit				9:30am-10:30am CrossFit <i>Babysitting available</i>		
12pm-1pm CrossFit		12pm-1pm CrossFit <i>Babysitting available</i>		12pm-1pm CrossFit		12pm-1pm CrossFit		12pm-1pm CrossFit		
4pm-5pm CrossFit		4pm-5pm CrossFit		4pm-5pm CrossFit		4pm-5pm CrossFit		4pm-5pm CrossFit		
5pm-6pm CrossFit		5pm-6pm CrossFit		5pm-6pm CrossFit		5pm-6pm CrossFit		5pm-6pm CrossFit		
6pm-7pm CrossFit		6pm-7pm CrossFit		6pm-7pm CrossFit		6pm-7pm CrossFit	6pm-6:45pm TechWOD	6pm-7pm CrossFit		
7pm-8pm CrossFit	7pm-8pm Beginner CrossFit	7pm-8pm CrossFit		7pm-8pm CrossFit	7pm-8pm Beginner CrossFit	7pm-8pm CrossFit				

FastFit/Conditioning workouts are posted on the [WOD blog](#) each night and can be done during any CrossFit class with coach supervision or during Open Gym time.

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 of \$10/child per week to your membership. Please email info@crossfittorian.com for more information.

CrossFit Kids: runs from 3:30pm – 4pm (5-8 years old) and 4pm – 4:30pm (9-16 years old). For more information, please email 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 for more info.

Drop-in: experienced CrossFitters can [book online](#) for any session. Those *without* CrossFit experience, please email us and we can schedule a time with you.