

## DEFY! Group Training Schedule – September 2008

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30	◆ FuncFoc	◆ FuncFoc	◆ FuncFoc	◆ FuncFoc	◆ FuncFoc
6:30	■ FuncFoc	■ FuncFoc	■ FuncFoc	■ FuncFoc	■ FuncFoc
7:30	<b>CrossFit</b>	<b>CrossFit</b>	<b>CrossFit</b>	<b>CrossFit</b>	<b>CrossFit</b>
8:30	■ FuncFoc	■ FuncFoc	■ FuncFoc	■ FuncFoc	■ FuncFoc
9:30		■ FuncFoc			
11:30	“30-minute Lunch Bunch” workouts Please warm up prior to start time... ‘Cause we’re ready to go!				30-Minute Lunch Bunch
12:00					
12:30					
1:00					
3:30	■ FuncFoc	■ FuncFoc		■ FuncFoc	■ FuncFoc
4:30		■ FuncFoc			
5:30	◆ FuncFoc	◆ FuncFoc	◆ FuncFoc	◆ FuncFoc	◆ FuncFoc
6:30	■ FuncFoc	■ FuncFoc	■ FuncFoc	■ FuncFoc	■ FuncFoc
7:30		<b>CrossFit</b>	<b>CrossFit</b>	<b>CrossFit</b>	<b>CrossFit</b>

	Saturday
8:00	◆ FuncFoc
9:00	<b>CrossFit</b>
10:00	■ FuncFoc
11:00	As-needed
12:00	As-needed

Legend:

● **Beginner**: Work on instruction on exercise form and technique. Walk-thru of WOD if warranted.

■ **Intermediate**: Perform focus workout with emphasis on technique and pacing.\*

◆ **Advanced**: Perform focus workout with emphasis on speed and/or resistance.\*

**CrossFit** – Full CrossFit WODs will be performed in these time slots to accommodate those new to DEFY!

\* FuncFoc: “Functional Focus” – From 9/1 – 9/27 we will be focusing on bodyweight exercise technique, while providing much-needed systemic and musculoskeletal recovery time. As always, “Intermediate” and “Advanced” times are interchangeable, differing mainly in emphasis.

“30-Minute Lunch Bunch”: Suitable for Intermediate and Advanced. WOD, possibly modified for time if required. This class is designed to allow mid-day workouts for those with 1 hour lunch breaks, and will not include the post-WOD “phase 2 workout”. Thorough warm-up should be completed independently prior to the start of class to ensure injury prevention and to facilitate timely starts. 3-2-1-GO!

**IF YOU HAVE QUESTIONS ABOUT WHAT TIME TO SCHEDULE, CONTACT JONATHAN!**