



# CROSSFIT BC

FORGING  ELITE  FITNESS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	CFBootcamp	CFBootcamp	CFBootcamp	CFBootcamp	CFBootcamp		
7:00am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
9:00am						CrossFit	
9:30am							CF Strength
10:30am							CrossFit
12:00pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CFBootcamp	
1:00pm	CFBootcamp	CFBootcamp	CFBootcamp	CFBootcamp	CFBootcamp		
4:00pm	CFBootcamp	CFBootcamp	CFBootcamp	CFBootcamp	CF Strength		
5:00pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:00pm		CFBootcamp		CFBootcamp			
7:00pm	CrossFit		CrossFit				

\*Bootcamps are open to all CrossFit athletes

CrossFit is an athletic conditioning system based on performing varied functional movements at high intensity. The movements consist of Olympic lifting, Gymnastics, and Mono-structural exercises such as Rowing and Running. CrossFit works the entire body from core to extremity. It creates strength and conditioning for life. Whether you compete in sports, work physically, or just want to be healthy, CrossFit is for you. The fitness you will achieve through CrossFit training will allow you to sustain a healthy and happy lifestyle. Come and try a free class. Call or e-mail us today.



## EVOLUTION

Martial Arts ♦ Self Defense ♦ Fitness

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Vancouver, BC

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