

## CROSSFIT NORTH ATLANTA 2018

# CLASSES and OPEN ACCESS TRAINING ZONES & SCHEDULE

CrossFit North Atlanta is able to provide the best training experience to all of our members using our tightly managed training zone and daily training schedule. We are also able to maximize all of our training space throughout the day for CLASS and **NON-CLASS** training.

### Group Class Training

Group classes will always be our top priority. Currently those classes are;

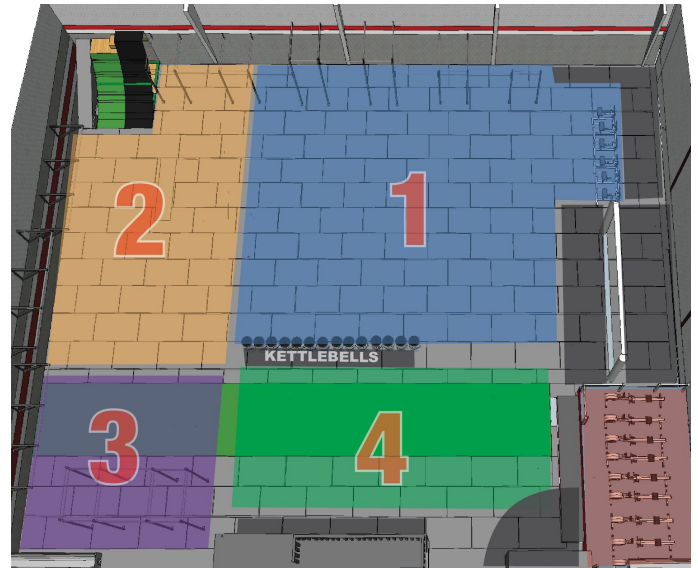
- LAUNCH:** Beginner to Intermediate WOD
- CROSSFIT:** Intermediate to Advanced WOD
- BUILD:** Specialty Strength Training Only

### Non-class Training

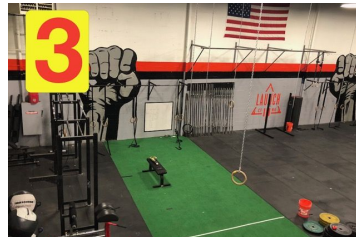
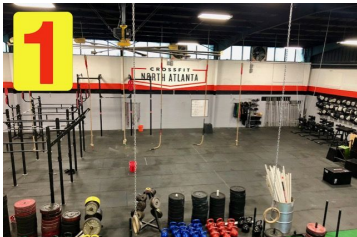
We welcome NON-CLASS training as long as it has been authorized and complies with our daily training schedule.

#### NON-CLASS training includes:

1. Coaches doing their own training
2. Coaches providing Personal Training services
3. Open Access Only members training
4. Unlimited Access members doing their own training
5. Open Access Group training
6. Open Access Group training in a reserved Zone



- Group Classes will occupy Zone 1, and at times Zone 1 & 2.
- Group Classes have priority use of the ZONE 4 at all times.



## Open Access Training Zones & Schedule: DEFINITIONS TABLE

CF, Launch, Build	<ul style="list-style-type: none"> <li>• Group Class use ONLY</li> <li>• Please don't ask for exceptions</li> </ul>
Class Priority	<ul style="list-style-type: none"> <li>• Classes have priority use of this zone at this time, and use will depend on workout</li> <li>• NON-CLASS training may be available if not in use.</li> </ul>
Open	<ul style="list-style-type: none"> <li>• Open for NON-CLASS training, No maximum</li> <li>• Wodify reservation required</li> </ul>
Open - Res	<ul style="list-style-type: none"> <li>• Open for NON-CLASS training</li> <li>• Size limit requiring Wodify reservation</li> <li>• <b>"Open   Reserve   5"</b> open to 5 athletes in zone at that time</li> </ul>
Open-Group Avail	<ul style="list-style-type: none"> <li>• Slot is open for NON-CLASS training</li> <li>• <b>Slot can also</b> be reserved by Groups 8-12 for 3, 6, or 12 mos</li> <li>• Group Open Access Reservations require a minimum of 8 commitments of equal duration</li> </ul>

### HOW TO READ THE SCHEDULE

1. Schedule grid on next page.
2. Locate time of day on left.
3. Follow rows for Zones 1-4 across to see what's going on in that Zone at that time throughout the week.
4. The definitions for each label are to the left.

**EX. 9:30-10:30 in Zone 1, Mon-Fri is a Crossfit Class.**



# 2018 CLASSES and OPEN ACCESS TRAINING ZONES & SCHEDULE

TIME	ZONE	MON	TUES	WED	THUR	FRI	SAT	
All times before 6:00 AM	1	Open-Group Avail	Open-Group Avail	Open-Group Avail	Open-Group Avail	Open-Group Avail	CLOSED	
	2	Open-Group Avail	Open-Group Avail	Open-Group Avail	Open-Group Avail	Open-Group Avail		
	3	Open - Res	Open - Res	Open - Res	Open - Res	Open - Res		
	4	Open	Open	Open	Open	Open		
6-7:00 AM and 7-8:00 AM	1	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
	2	Open-Group Avail*	Open-Group Avail*	Open-Group Avail*	Open-Group Avail*	Open-Group Avail*		
	3	Open - Res	Open - Res	Open - Res	Open - Res	Open - Res		
	4	Class Priority	Class Priority	Class Priority	Class Priority	Class Priority		
8:00 AM to 9:30 AM	1	Open	Open	Open	Open	Open		8:30 to 9:30 AM
	2	Open-Group Avail	Open-Group Avail	Open-Group Avail	Open-Group Avail	Open-Group Avail		
	3	Open - Res (5)	Open - Res (5)	Open - Res (5)	Open - Res (5)	Open - Res (5)	Open	
	4	Open	Open	Open	Open	Open	Class Priority	
9:30 AM to 10:30 AM	1	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	9:30 to 10:30 AM	
	2	Open-Group Avail	Open-Group Avail	Open-Group Avail	Open-Group Avail	Open-Group Avail		CrossFit
	3	Open - Res (5)	Open - Res (5)	Open - Res (5)	Open - Res (5)	Open - Res (5)		Open
	4	Class Priority	Class Priority	Class Priority	Class Priority	Class Priority		Class Priority
10:30 AM to 12:00 PM	ALL	Open	Open	Open	Open	Open	Closed for Private Events	
12:00 PM to 1:00 PM	1	CrossFit	CF / LAUNCH	CrossFit	CF / LAUNCH	CrossFit		
	2	Open-Group Avail	Open-Group Avail	Open-Group Avail	Open-Group Avail	Open-Group Avail		
	3	Open - Res (5)	Open - Res (5)	Open - Res (5)	Open - Res (5)	Open - Res (5)		
	4	Class Priority	Class Priority	Class Priority	Class Priority	Class Priority		
1:00 PM to 5:15 PM	1	Open	Open	Open	Open	4:15 to 5:15 PM		Launch
	2	Open	Open	Open	Open			Class Priority
	3	Open	Open	Open	Open			Open
	4	Open	Open	Open	Open			Open
5:15 PM to 6:15 PM	1	CrossFit	CrossFit	CrossFit	CrossFit	5:15 to 6:15 PM		CrossFit
	2	Launch	Launch	Class Priority	Launch		Class Priority	
	3	Launch	Launch	Open	Launch		Open	
	4	Class Priority	Class Priority	Class Priority	Class Priority		Class Priority	
6:15 PM to 7:15 PM	1	CrossFit	CrossFit	CrossFit	CrossFit	Closed		
	2	Class Priority	Build	Class Priority	Build			
	3	Open - Res (5)	Build	Open - Res (5)	Build			
	4	Class Priority	Class Priority	Class Priority	Class Priority			
7:15 PM To close	ALL	Open	Open	Open	Open	Group Reservations are available in All Zones after 7:15 all week.		