

INVICTUSTM SAN DIEGO

Performance - Traditional CrossFit.

Fitness - Similar to Performance but with simpler (NOT easier) movements.

Muscle - Primary lifts plus accessory work.

Motor - Aerobic capacity across different modalities and time domains.

Competition - Designed to push you in all aspects of "the sport of fitness."

Olympic Lifting - Oly lifts plus skill work and accessories for all levels.

Mind Muscle - Open up your ranges of motions beyond what "traditional" mobility can provide.

Hyrox - Cardio and strength training for the sport of Hyrox

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	Hyrox	Hyrox	CLOSED	Hyrox	Hyrox	
6:00 AM	Performance & Fitness Motor	Muscle Performance & Fitness	Motor Performance & Fitness	Muscle Performance & Fitness	Motor Performance & Fitness	7:00 AM Competition
7:00 AM	Muscle	Motor	Muscle	Motor Mind Muscle 7:15am	Muscle	8:30 AM Performance & Fitness
9:00 AM	Performance & Fitness	Performance & Fitness	Performance & Fitness	Performance & Fitness	Performance & Fitness	9:00 AM Olympic Lifting (1.5 hr)
12:00 PM	Muscle Performance & Fitness	Muscle Performance & Fitness	Muscle Performance & Fitness	Muscle Performance & Fitness	Muscle Performance & Fitness	9:30 AM Performance & Fitness
4:30 PM	Olympic Lifting (1.5 hr)	Olympic Lifting (1.5 hr)	Olympic Lifting (1.5 hr)	Olympic Lifting (1.5 hr)		8:30 11:30 AM Open Gym
4:30 PM	Performance & Fitness	Performance & Fitness	Performance & Fitness	Performance & Fitness	Performance & Fitness	
5:00 PM					Competition	
5:30 PM	Performance & Fitness	Performance & Fitness	Performance & Fitness	Performance & Fitness	Performance & Fitness	
6:00 PM	Competition	Competition	Competition			
6:30 PM	Muscle	Motor	Muscle	Motor		
OPEN GYM	7am-4pm	7am-4pm	7am-4pm	7am-7:30pm	7am-5pm	