



# 2019 TRAINING SCHEDULE

FACEBOOK Batavia Cross Training  
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CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 AM	CROSS TRAINING	CROSS TRAINING/ CYCLING (5:15)	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
6 AM	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING/ CYCLING	CROSS TRAINING	
7 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	CROSS TRAINING
8 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	CYCLING CIRCUIT
9 AM	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	BOOT CAMP
						Sunday
4:30 PM	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		SPARTAN TRAINING (TBA)
5:30 PM	CROSS TRAINING	CROSS TRAINING/ CYCLING (6PM)	CROSS TRAINING	BOOT CAMP		
6:30PM		BUTI YOGA				

**CYCLING:** Focuses on endurance and high intensity intervals using a stationary bike. **CIRCUIT:** Tabata work incorporating the stationary bikes!  
**CROSS TRAINING:** Focuses on developing complete fitness by implementing exercises that are movements that we see in everyday life – squatting, lifting, pressing, running, jumping... functional movements that use our bodies as a single unit. We also perform Olympic Lifts or core lifts to develop more absolute strength and/or perfecting a skill such as rope climbs, double unders, kipping pull-ups, etc.  
**BUTI YOGA:** Dynamic asana, deep abdominal toning and cardio intensive dance! All ages and fitness levels encouraged!  
**BOOT CAMP:** High intensity tabata workouts using core and body weight exercises for the ultimate fat burning experience! (2<sup>nd</sup> and 4<sup>th</sup> Saturdays)