

INVICTUS™

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.

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