



## The Compound Timetable – Bayswater North

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00am						
7.00am	Bar and Body weight Training		Boot camp with obstacles		Bootcamp With obstacles	Workout with Coach Clem (50mins)
8.00am						Spartan/Obstacle Training (60mins)
9.00am	Freestyle Ninja/ Obstacle (2hrs)	Freestyle Ninja/ Obstacle (2hrs)	Freestyle Ninja/ Obstacle (2hrs)	Freestyle Ninja/ Obstacle (2hrs)	Freestyle Ninja/ Obstacle (2hrs)	Freestyle Ninja/ Obstacle (1hrs 30mins)
9.15am						Obstacle/Ninja Coaching (1hr)
9.30am	Obstacle Ninja Coaching (1hr)	Obstacle Ninja Coaching (1hr)	Obstacle Ninja Coaching (1hr)	Obstacle Ninja Coaching (1hr)	Obstacle Ninja Coaching (1hr)	
10.30am						Groups and PTs
11.00am						
4.00pm	Kids Ninja 7-11yo (45min)					
5.00pm	Kids Ninja 7-16yo (45min)	Kids Ninja 7-16yo (45min) & Mini Hi Performance Kids	Kids Ninja 7-16yo (45min)	Kids Ninja 7-16yo (45min)	Kids Ninja 7-16yo (45min)	
6.00pm	Bodyweight/Bar Strength (45min)	Kids Ninja Elite coaching (45min)	Compound Fitness with a twist (45mins)	Obstacle/Ninja Coaching (1hr)	Hi performance KIDS coaching (45min)	
	Freestyle Ninja/ Obstacle (90min)	Strength (45min)	Freestyle Ninja/ Obstacle (90min)	Freestyle Ninja/ Obstacle (90min)	Bodyweight/Bar Strength (45min)	
7.00pm	Spartan/Obstacle Training (1hr)	Obstacle/Ninja Coaching (1hr)	Obstacle/Ninja Coaching (1hr)	DEKA/HYROX training (1hr)	Freestyle Ninja/ Obstacle (90min)	
	Freestyle Ninja/ Obstacle (90min)	Freestyle Ninja/ Obstacle (90min)	Freestyle Ninja/ Obstacle (90min)	Freestyle Ninja/ Obstacle (90min)		

<p><b>Bootcamp</b> Sessions will vary, generally bootcamp cardio and resistance style training with obstacles included! Can include, use of bodyweight and equipment such as kettlebells, obstacles, dumbbells, TRX, sandbags, sleds, tyres, bands, etc. Core, mobility and small muscle strengthening.</p>	<p><b>Kids Ninja Training</b> Training kids from beginners to advanced. Kids will learn all the basics: swinging, kipping, landing, exercises to build grip strength and endurance and balance combined with some exercise to help increase their body awareness and strength.</p>	<p><b>Hi Performance Kids</b> This is Invite only, Kids 11yo and above will be selected to attend these specific Ninja coaching sessions. These sessions will involve strength, conditioning, endurance, ninja courses and specific obstacle training.</p>
<p><b>Bodyweight &amp; Bar Strength</b> Building strength and core using bodyweight exercise and bars, progressions towards pullups, Handstands, muscle ups, levers, etc. For beginners to intermediate.</p>	<p><b>Obstacle / Ninja Coaching</b> For all fitness levels. We cover the basics, swinging, kipping, landing, exercises to build grip strength and endurance, balance, creating more body/spatial awareness. We will also cover strength and conditioning specific to OCR and ninja. Technique drills, speed training, endurance training. Mainly involves the obstacles and rigs for your workout.</p>	<p><b>Spartan FIT/Obstacle Training</b> A total body cardio and conditioning training program using equipment and obstacles (such as rope climb, olympus, 6ft and 8ft walls, cargo net, traverse wall, rings and monkey bars). We will also be giving advice on obstacle technique to help prepare you for your upcoming Spartan or obstacle race. All fitness levels welcome.</p>
<p><b>Strength Training</b> Build muscular strength and endurance using bodyweight and equipment such as barbells, kettlebells, dumbbells, TRX etc. Slower movements with heavier resistance.</p>	<p><b>Freestyle Ninja / Obstacle Training</b> This session is just for those who want to train at their own pace. If you're new to this session we will be assessing you first, to make sure you can keep yourself safe. There will always be a coach on hand for regressions and progressions.</p>	<p><b>Workout with Coach Clem</b> This is whatever Clem decides is the workout of the day. Could be anything, from lifting to obstacle course. Usually combinations of lots of exercises and obstacles done over 20 rounds. As a member, you can use this as extra HYROX or DEKA training.</p>

**NOTES**

- Kids Ninja – kids MUST be minimum 7 years of age
- Must be over 16 to attend any sessions besides the specific Kids Ninja