

# **CROSSFIT WANDERLUST**

CHALLENGE YOUR LIMITS AND TAKE YOUR WORKOUT TO THE NEXT LEVEL IN BALI'S TOP FITNESS CENTERS

“Strength does not come from physical capacity.  
It comes from an indomitable will.”

-Mahatma Gandhi

# CROSSFIT WANDERLUST

## About

CrossFit Wanderlust is the largest and most equipped CrossFit gym in Bali. We are open 7 days a week, so come join us for one of our group classes or private training lessons, or come use our rowers, spin bikes, weight lifting equipment, and gymnastics rack for open gym. Join us in our quest to build better humans.

**Location:**

Canggu

**Business hours:**

Monday to Friday: 7:00am - 8:00pm

Saturday to Sunday: 7:00am - 7:00pm

**Rates:**

1-day pass (Open Gym + Unlimited Classes + Recovery Zone + Pools + Ice Bath + Saunas + Coworking) - 350,000 IDR

4-week pass (open gym only, no classes) - 1,400,000 IDR

*\*Please note that rates are subject to change at the time of booking.*

**Website:**

[www.crossfitwanderlust.com](http://www.crossfitwanderlust.com)



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## Classes:

### CROSSFIT

CrossFit classes at Wanderlust Fitness Village Bali begin with a coach-led warm-up, followed by a strength or skill session, and conclude with a high-intensity conditioning workout featuring Olympic lifting, metabolic endurance exercises (rowing, biking, skiing, running), gymnastics, and bodyweight movements. Designed for all fitness levels, our highly skilled coaches can modify, scale, or adjust exercises to suit each individual's capabilities, ensuring a tailored and effective workout experience.

### METCON

Metcon, short for metabolic conditioning, offers classes that blend strength and cardio conditioning while incorporating both anaerobic and aerobic exercises. Ideal for those seeking an extended cardio session enriched with varied movements, these classes exclude Olympic lifting for a more diverse workout experience.

### OLYMPIC LIFTING

Looking to enhance your weightlifting skills? Participate in our Weightlifting Classes, tailored to help you refine your technique at any level. Whether you're a beginner learning step-by-step or an advanced athlete working on strength and precision, everyone is welcome!

*Schedule: Monday: Clean and Jerk | Wednesday: Accessories and Strength Day | Friday: The Snatch*

### BOOTY BUILDER

The Glute-focused class offers a well-balanced workout targeting your glutes with a combination of free weights and booty bands, promoting muscle growth, tightening, toning, and lifting. Set in a fun group environment and accompanied by energetic music, this class delivers an enjoyable and effective workout experience.

## Classes:

### CALORIE BURN

The Calorie Burner class is designed to achieve its namesake goal—burning a significant number of calories. Utilizing a HIIT-based format, participants engage in bodyweight movements, light weightlifting, and cardio machine exercises, all aimed at elevating heart rates and promoting calorie consumption.

### TOTAL BODY TONER

Our Total Body Workout class is meticulously designed to provide a comprehensive exercise experience that tightens and tones your body, targeting key areas. The class also instructs participants in various strength training movements to enhance overall strength. A combination of free weights and resistance bands is employed throughout the workout for optimal results.

### KIDS FIT

Wanderlust Kids Movement and Mindset classes cater to the unique developmental needs of children aged 3-12. Incorporating functional movements and exercises essential to various forms of play—such as pulling, pushing, running, throwing, climbing, lifting, and jumping—the classes feature warm-ups, games, and workouts specifically designed to support children's physical development.

### FIGHT CENTRE

#### **Boxing:**

A cardio boxing class is a high-energy and engaging fitness workout that combines the techniques and movements of boxing with cardiovascular exercises.

#### **Kickboxing (Muay Thai):**

A cardio kickboxing class is an energetic and dynamic fitness workout that combines the techniques of martial arts, specifically kicks and punches, with cardiovascular exercises.

#### **Brazilian Jiu Jitsu**

Brazilian Jiu-Jitsu is a dynamic martial art and combat sport that focuses on ground fighting and submission holds.



THE LUXURY  
SIGNATURE