

The CFBF Newsletter

“What’s happening in October 2019, yo!”



Outdoor WODS begin!

With the Monsoons finally over you you must be expecting super things round the corner...And you'd be right!

Sorry Sunny, Manas and other Outdoor WOD hating people but it's time for some Vitamin D. Plans to have Pull-up bars and space for barbells on the lawns are under consideration. Hopefully soon! Also with our excursion towards the grass (Calm down Amaan) we should be fixing our flooring too. No more wet patches. Work shall commence soon.

Are you ready...?

3

**CFBF
MENTORSHIP**

2

**2020
OPENS**

1

**SEMINARS
/
WORKSHOPS**



Coach Swati takes CFL1 Test

Hobnobs with Coach Neha at 303; Karan not happy

Sakshi Finally hits



the 20's

Is that Doolaly again????

Rad's all set to top India in the OPENS

“Other women in



my category don't stand a chance!" 8am batch plans beer party to celebrate.

CFBF Mentorship Program

Starting this month we offer our new mentorship with your coach

It works like this - Any CFBF member who wishes to develop their skills/lose fat/nutritional help/strength/mobility etc. can now employ the skills of any of our Blackfire Coaches. For a fee of Rs2,500 for a month (above your CFBF fees) your chosen coach will -

- Develop a tailor-made Program to meet your Individual goal
- Track your progress
- Be available via WhatsApp
- Will spend an hour with you, every weekend for 4 weekends (at the box) to help assess your needs and train you.
- Help give you guidance through the OPEN (if you are taking part)

If interested please book the Coach of your choice and make the payment to him/her or through Google Pay. We start from this weekend.

Contact a Coach for more details.



The 2020 OPENS ARE HERE

Starting October 10th, it's that time again to try and understand Games Director - Dave Castro's infuriating clues. Also, it's time to pit yourself against your biggest competitor - yourself! Will you get your 1st Pull-up or Muscle-up this Open? Will your performance astonish you? The answer is probably - Yes.

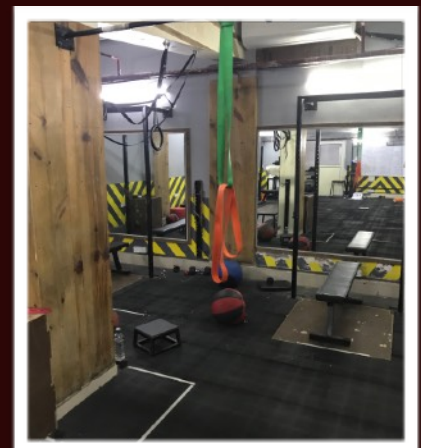
With the OPENS just around the corner we advice all participants to consider taking a reload week (go easy in your WODS) so that you are in prime shape when you hear 3, 2, 1 GO

If you have any doubts whether you should be participating in the OPEN - please speak to a Coach.

CFBF WEEKEND SEMINARS

Coming Soon! Get the latest in-depth knowledge from workshops and Seminars conducted at our box on everything under the sun on Fitness! Animal flow; Yoga; Mobility; Nutrition; Weightlifting techniques and more.

Our workshops will be open for all and we will be offering Special Discounts for CFBF Members. Watch this space for more.



IN OTHER NEWS FROM THE BOX

It's rumoured that Zaheer after one year of Crossfit has finally purchased a skipping rope. No visual proof exists - so here's a pic of a cat with a look of disbelief.



NEW TEES COMING SOON! SAMPLE TEES - STOLEN!



COACH KARAN STARTS FASTING



DADA STARTS KETO



PRITHVI'S MARRIOTT VOUCHERS ARE NEARLY OVER



OM OUT OF ACE OF SPACE - WILL AARTI JOIN CROSSFIT NOW THAT HE'S BACK?



SOME MORE DISTURBING PICS OF YOUR COACHES - CAN YOU REALLY TRUST THEM?

