

August 25-26

◀ **Level 1**
Sat. 10 am

Level 2 ▶
Sat. 2pm
Sun. 9 am

i99FIT

@ CrossFit Rebels

**Learn from the
gymnastics & movement experts**



MOBILITY



HANDSTANDS



PULLUPS & T2B



RING SWINGING



4 WEEKS PROGRAMMING



HANDSTAND PUSHUPS



BAR MUSCLEUPS



RING MUSCLEUPS



BUTTERFLY PULLUPS



WITH VIDEO ANALYSIS

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GYMNASTICS