**1. Member Journey & Class Booking**

1. **Discover & Schedule**
   * **Browse classes**: On the mobile app, members see a calendar or list view of upcoming classes (e.g., “Mon 6 AM Strength,” “Tue 5 PM WOD,” “Thu 7 AM Endurance”).
   * **View details**: Tap into a class to see date/time, coach name, capacity, workout description, required equipment, and remaining spots or credits.
   * **Book or cancel**: Members hit “Book” (if they have credits or an active package) or “Cancel” within the allowed window (e.g., up to 2 hours before). The API enforces pay-first and capacity rules, updates their remaining credits, and triggers confirmation notifications.
2. **Pre-Class Reminders & Check-In**
   * Automated SMS/email push 1 hour before.
   * On-site QR-code or “Check In” button in the app when they arrive: marks attendance in your database and prevents no-shows.

**2. What Happens in Class**

A standard 60-minute HIIT/CrossFit session typically breaks down into:

|  |  |
| --- | --- |
| **Segment** | **Purpose** |
| Warm-up | 5–10 min of dynamic stretches, joint prep, light movements |
| Skill/Strength | 10–15 min focused on technique or loading (e.g., back squat, deadlift, rope climbs) |
| WOD (Workout of the Day) | 15–25 min high-intensity workout (formats detailed below) |
| Cool-Down | 5 min of stretching, breathing drills, mobility |

During class, the coach

* guides the Warm-up, Skill and Cool-Down.
* demo movements,
* correct form,
* scale workouts (lighter loads, alternative exercises),
* manages the session on the app

The app provides the interface for the session each user to record their scores (reps/time etc.) which is managed by the coach as well.

**3. Workout Formats to Support**

The system lets coaches define workouts in these common formats:

1. **For Time**  
   Complete a set amount of work (e.g., “21-15-9 Thrusters and Pull-Ups”) as fast as possible.
2. **AMRAP** (As Many Rounds/Reps As Possible)  
   Repeat a circuit (“AMRAP 12 min: 10 Push-Ups, 15 Air Squats, 200 m Run”) until time expires.
3. **EMOM** (Every Minute on the Minute)  
   Perform a prescribed movement at the top of each minute (e.g., “EMOM 10 min: 12 calorie row”).
4. **Chipper**  
   A long list of varied movements done once in sequence (e.g., 50 Wall-Balls, 40 Kettlebell Swings, …).
5. **Interval**  
   Alternating work/rest blocks (e.g., “8 rounds: 30 sec Max Burpees / 30 sec Rest”).

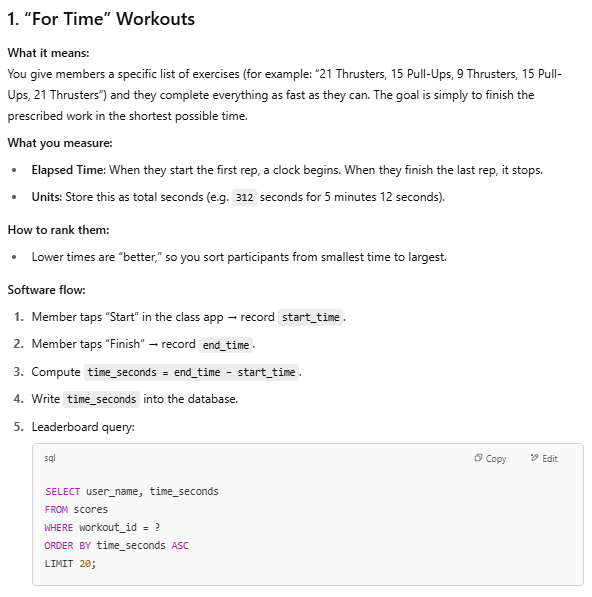
Coaches enter these in free-text or structured fields (type, time cap, movements, loads, reps). Later can evolve toward a template library of common WODs.

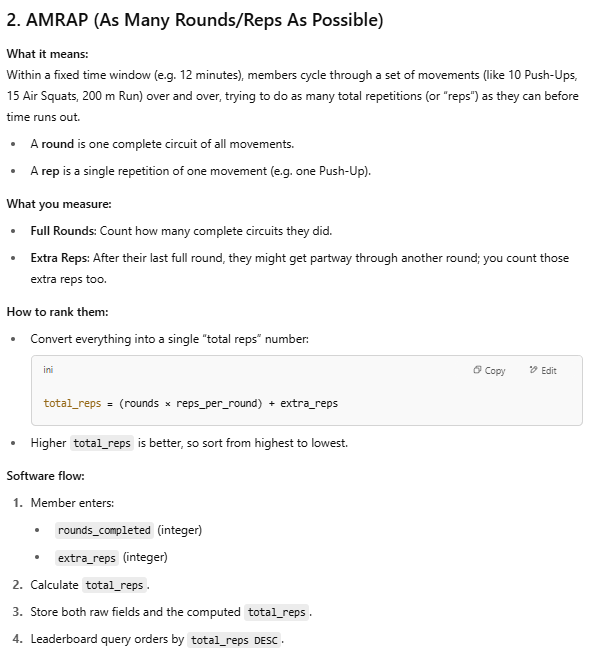
**4. Live Leaderboards & Scoring**

* **Score Submission**  
  At class end or during class (depending on WOD), members enter their score (time, total reps, rounds + reps) into the mobile app. Coaches can also input or adjust scores.
* **Real-Time Ranking**  
  As scores come in, the backend sorts members by fastest time, highest reps, etc., and pushes updated standings via WebSocket to every phone and—optionally—a gym-floor display (could be the coaches phone connected to the screen).
* **Privacy Controls**  
  Members can opt out of public leaderboards; the system tracks a “public” flag per score.
* **Historical Tracking**  
  Store every WOD’s leaderboard so you can show trends (“You improved your Sprint time by 20 sec since last month”).

**5. Coach Responsibilities & How the Software Helps**

| **Phase** | **Coach Activity** | **Software Support** |
| --- | --- | --- |
| **Preparation** | Create/edit the weekly class schedule | Web UI schedule editor, recurring-template tool |
| **Workout Design** | Define each class’s WOD format, movements, loads | Workout form with structured fields & media upload |
| **In-Class** | Demonstrate movements, correct form, start/stop clock | Real-time class clock, rep-counter sync via WebSocket |
| **Post-Class** | Collect scores, review scaling choices, give feedback | Score submission UI, coach override dashboard |
| **Follow-Up** | Message members, highlight top performers, announce PRs | Bulk messaging (SMS/email), push achievement badges |

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