



JST CLASS

TIER 1 · PROGRAMMING TRANSPARENCY REPORT

June 2026 Programming Analysis

Your gym's class programming, pulled apart and counted. One full month.

30

Training Days

26

Conditioning Sessions

1–30 June 2026

Reporting Period

Fitr Platform

Data Source

Month at a Glance

11

STRENGTH + METCON

13

METCON ONLY

4

STRENGTH ONLY

2

SKILL + METCON

Session Breakdown

Time modality (sessions)



Metcon structure (sessions)

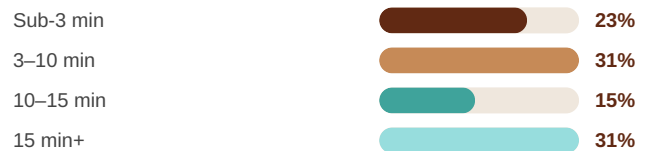


Programming Bias

Movement domain (metcon appearances)



Energy system (by effort duration)



The Verdict

June 2026 is a well-structured aerobic development month with deliberate layering across all three energy systems. What first looks like a heavy long-aerobic bias is, once you account for interval duration and team work-to-rest ratios, a near-even split between shorter power-endurance work (sub-3 + 3–10 min = **54%**) and longer aerobic capacity work (10–15 + 15 min+ = **46%**).

Movement coverage is well-distributed: monostructural work leads slightly (38%) as the conditioning vehicle, with gymnastics (34%) and weightlifting (28%) carrying near-equal technical loading. No single modality runs away with the month.

The strength component sits in 15 of 30 sessions, with consistent barbell cycling and gymnastic strength, so technical development is never sacrificed for conditioning volume.

Conclusion: the programming is intentionally aerobic-dominant but intelligently varied. Not a flat 33/33/33 split, and not random variety, but purposefully structured to build aerobic capacity, power endurance and technical proficiency in parallel across the month.

Full Movement Breakdown

MOVEMENT	APPEARANCES	VARIATIONS	CATEGORY
Double Unders	9	Standard DU	Monostructural
Rowing (Erg)	8	Calorie / Metre	Monostructural
Running	7	200m / 400m / 800m / 1km	Monostructural
Toes to Bar	6	Standard T2B	Gymnastics
Bar Muscle Up	6	Standard BMU	Gymnastics
Handstand Push Up	6	Kipping / CF / Deficit / Tempo	Gymnastics
Snatch	5	Hang / Pause / Power / EMOM	Weightlifting
Clean & Jerk / Clean	5	Pause / Power / Squat / Split Jerk	Weightlifting
Bike (Assault/Echo)	5	Calorie bike	Monostructural
Kettlebell Swing	4	Russian / American	Weightlifting
Pull Up / Chest to Bar	4	Two Pause / Strict C2B / Kipping	Gymnastics
Dumbbell Snatch	3	Single-arm	Weightlifting
Box Jump / Box Jump Over	3	BJO / Standard	Gymnastics
Burpee	3	Bar-facing / Standard	Gymnastics
Overhead Squat	3	2RM / in complex	Weightlifting
Front Squat	3	Wave loading / in complex	Weightlifting
Rope Climb	2	Strict / Legless	Gymnastics
Ski Erg	2	Calorie / Metre	Monostructural
Farmers Carry	2	KB	Weightlifting
Dumbbell Lunge	2	Walking	Weightlifting
Devil's Press	2	Standard (DB)	Weightlifting
Pistol Squat	2	Skill + Metcon	Gymnastics
Bulgarian Split Squat	1	Tempo	Weightlifting
Bench Press	1	Strength	Weightlifting
V-Ups	1	Pause V-Ups	Gymnastics
L-Sit	1	Accumulation	Gymnastics
Wall Walk	1	Standard	Gymnastics
HR Push Up	1	Hand Release	Gymnastics

MOVEMENT	APPEARANCES	VARIATIONS	CATEGORY
DB Complex	1	Row/Deadlift/Clean/Press	Weightlifting

Session-by-Session Log

DATE	TYPE	KEY WORKOUT	TIME	STRUCTURE
Mon 1	Str + Metcon	Grit Wk 6: EMOM x10 Bike/T2B/BMU	Sub-3	Triplet
Tue 2	Strength	Hang Snatch EMOM + Bulgarian Split Squats	—	—
Wed 3	Str + Metcon	Tempo HSPU + 15:00 AMRAP Run/KB/HRPU	15+	Triplet
Thu 4	Metcon	EMOM x36 — 6 stations	Sub-3	4+
Fri 5	Str + Metcon	Pause Clean complex + "Grettel"	3–10	Couplet
Sat 6	Metcon	35:00 Team AMRAP (alternating)	Sub-3	4+
Sun 7	Metcon	40:00 AMRAP Row/Carry/Front Rack	3–10	Triplet
Mon 8	Str + Metcon	Grit Wk 7: Split Jerk + 10:00 AMRAP DU/PC	10–15	Couplet
Tue 9	Metcon	"Run to Work" chipper	15+	4+
Wed 10	Strength	2RM Overhead Squat	—	—
Thu 11	Metcon	Every 2:00 x15 — Row/BMU/DU	Sub-3	Triplet
Fri 12	Str + Metcon	Two Pause Pull Ups + "Shovel"	15+	Couplet
Sat 13	Metcon	3x8:00 Pair AMRAPs	3–10	Couplet
Sun 14	Skill + Metcon	Rope Climb skill + 15:00 AMRAP	15+	Triplet
Mon 15	Str + Metcon	Grit Wk 8 Deload: HSPU + BJO/Burpee ladder	10–15	Couplet
Tue 16	Strength	Snatch EMOM x3 + Pause V-Ups	—	—
Wed 17	Metcon	4 Rds: DU/PC/BMU/DU	3–10	Triplet
Thu 18	Metcon	Every 8:00 x5: 1km Run	3–10	Single
Fri 19	Skill + Metcon	Pistol Squat skill + 4x4:00 AMRAPs	3–10	Triplet
Sat 20	Metcon	Team palindrome chipper	Sub-3	4+
Sun 21	Metcon	"Progressive Mikko's Triangle"	15+	Triplet
Mon 22	Metcon	"Eva" — 5 Rds: 800m/KBS/Pull-ups	15+	Triplet
Tue 23	Strength	C&J complex + Front Squat wave loading	—	—
Wed 24	Str + Metcon	Two Pause Pull Ups + 15:00 AMRAP DB Snatch/BBJ/WW	10–15	Triplet
Thu 25	Metcon	EMOM x30 Row/DU/DB Complex	Sub-3	Triplet
Fri 26	Str + Metcon	Hang Snatch complex + "Gwenabel"	3–10	Couplet
Sat 27	Metcon	4x5:00 Pair AMRAPs Bike/Devils Press/BMU	3–10	Triplet
Sun 28	Str + Metcon	Bench Press + L-Sit accumulation	15+	Single
Mon 29	Str + Metcon	Grit Wk 10: Pause Clean + Run/Squat Clean ladder	15+	Couplet
Tue 30	Str + Metcon	Deficit Eccentric HSPU + 12:00 AMRAP DU/T2B/DB Lunge	10–15	Triplet