

TIMETABLE

MONDAY

HYROX - 18.30
MEMBERS ONLY

HYROX - 19.45
MEMBERS ONLY

TUESDAY

RACE NIGHT - 18.30

WEDNESDAY

NO CLASSES

THURSDAY

HYROX - 06.00
MEMBERS ONLY

DEKA - 18.30

FRIDAY

NO CLASSES

SATURDAY

BOOTCAMP - 07.45

FOUNDATION - 09.30
BOOTCAMP

SUNDAY

THE SUNDAY - 10.00
SESSION