

CLASS TIMETABLE

MONDAY

HYROX - 18.30
MEMBERS ONLY

HYROX - 19.45
MEMBERS ONLY

TUESDAY

RACE NIGHT - 18.30

WEDNESDAY

HYROX - 06.15
MEMBERS ONLY

THURSDAY

HYROX - 06.00
MEMBERS ONLY

DEKA - 18.30

FRIDAY

NO CLASSES

SATURDAY

BOOTCAMP - 07.45

**FOUNDATION
BOOTCAMP** - 09.30

SUNDAY

**THE SUNDAY
SESSION** - 10.00

FORDERS