

YMCA HYROX Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00- 9:30 AM (Dawn)		9:00- 9:30 AM (Dawn)		9:00- 10:00 AM (Dawn)	
						9:30- 10:15 AM (Rotation)
		12:15- 12:45 PM (Chris)		12:15- 12:45 PM (Chris)		
		★ 4:30-5:00 PM (Daniel)		★ 4:30-5:00 PM (Dan/Chan)		★ denotes new class
		6:30-7:00 PM (Shaka)			5:45-6:30 PM (Shaka)	

HYROX- NEW functional fitness format for every BODY! It incorporates Functional strength training, High Intensity Interval training and Classic endurance.

Ages 14+ may participate in HYROX.