

## YMCA HYROX Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>HYROX + 8:30-9:30 AM (Dawn)</b>		<b>HYROX + 8:30-9:30 AM (Dawn)</b>		
<b>9:00- 9:45 AM (Dawn)</b>		<b>9:00- 9:45 AM (Dawn)</b>		<b>9:00- 10:00 AM (Dawn)</b>	<b>9:30- 10:30 AM (Rotation)</b>
	<b>12:15- 12:45 PM (Adam)</b>		<b>12:15- 12:45 PM (Daniel)</b>		
	<b>4:30-5:00 PM (Chandler)</b>		<b>4:30-5:00 PM (Chandler)</b>		
	<b>6:30-7:00 PM (Shaka)</b>		<b>6:30-7:00 PM (Shaka)</b>	<b>5:45-6:45 PM (Shaka)</b>	

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

**HYROX+ :** functional fitness format for every BODY! Functional strength training, with cardio endurance PLUS targeted toning.