

YMCA HYROX Schedule

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

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.