

# CLASS TIMETABLE

## MONDAY

06:15 - 07:15	ENGINE
09:30 - 10:00	FULL BODY STRENGTH
10:30 - 11:15	BARBELL BASICS
12:30 - 13:15	RUN & LIFT
17:30 - 18:15	STEP
18:30 - 19:15	HYROX
19:30 - 20:15	RUN CLUB
19:30 - 20:30	YOGA

## THURSDAY

06:15 - 07:15	METCON
09:30 - 10:00	ENGINE
12:30 - 13:15	RIGFIT
17:30 - 18:15	HYROX
18:30 - 19:15	STEP
19:20 - 19:50	PUMP

## TUESDAY

06:15 - 07:15	BOOTCAMP
09:30 - 10:00	METCON
12:30 - 13:15	HYROX
17:30 - 18:15	PUMP
18:30 - 19:00	SCULPT AND CORE
19:10 - 19:40	TOTAL TONE

## FRIDAY

06:15 - 07:15	METCON
09:30 - 10:00	ENGINE
12:30 - 13:15	RIGFIT
17:30 - 18:15	HYROX
18:30 - 19:15	STEP
19:20 - 19:50	PUMP

## WEDNESDAY

06:15 - 07:15	HYROX
08:45 - 09:15	FIND YOUR PACE
09:30 - 10:00	FULL BODY STRENGTH
12:30 - 13:15	BARBELL BASICS
17:30 - 18:15	BEGINNER HYROX
18:30 - 19:15	PUMP
19:30 - 20:30	YOGA

## SATURDAY/SUNDAY

08:30 - 09:15	HYROX
09:30 - 10:15	PUMP
10:15 - 11:15	YOGA
12:30 - 13:00	TOTAL TONE

09:30 - 10:15 | STEP

