

YMCA HYROX Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	★ 8:30- 9:15 AM HYROX PLUS (Dawn)		★ 8:30- 9:15 AM HYROX PLUS (Dawn)		
9:00- 10:00 AM (Dawn)		9:00- 10:00 AM (Dawn)		9:00- 10:00 AM (Dawn)	9:30- 10:15 AM (Rotation)
	12:15- 12:45 PM (Adam)		12:15- 12:45 PM (Viv)		
	4:30-5:00 PM (Chandler)		4:30-5:00 PM (Chandler)		★ denotes new class
	6:30-7:00 PM (Shaka)		6:30-7:00 PM (Shaka)	5:45-6:30 PM (Shaka)	

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

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