

HYROX Timetable		
Day	Morning	Evening
Monday	6.00AM - <u>HYROX With Danie</u> 7:00AM - 14:00PM-Open Sessions	16:00PM - 21:00PM-Open Sessions
Tuesday	7:00AM - 14:00PM-Open Sessions	16:00PM - 18:00PM-Open Sessions 19:00PM - <u>HYROX With Matt</u>
Wednesday	6:00AM – <u>HYROX With Danie</u> 7:00AM - 14:00PM-Open Sessions	16:00PM - 18:00PM-Open Sessions 18:35PM – <u>Beginners HYROX With Danie</u>
Thursday	7:00AM - 14:00PM-Open Sessions	16:00PM - 17:00PM-Open Sessions 17:30PM – <u>HYROX With Danie (45 Minutes)</u>
Friday	6:00AM – <u>HYROX With Danie</u> 7:00AM - 16:00PM-Open Sessions	16:00PM – 17:00PM Open Sessions 19:00PM – 20:00PM Open Sessions
Saturday	7:30AM – <u>HYROX With Danie</u> 11:00AM – <u>Beginners HYROX With Danie</u>	
Sunday	9:00AM – 13:00PM Open Sessions	

Schedule subject to change. See Wix for any updates or changes.