

SAMPLE TIMETABLE

APEX/BACKBONE
 CHAMPION PLUS
 CRANKED
 HAYMAKER
 HUSTLE
 BREATHE

	MON	TUE	WED	THU	FRI	SAT	SUN
06:00 – 09:00	HYROX ENGINE 06:15 – 07:15	HUSTLE 06:30 – 07:00	HYROX POWER 06:15 – 07:15	REFORMER FUNDAMENTAL 06:30 – 07:30	HYROX COMPLETE 06:15 – 07:15	HYROX COMPLETE 08:15 – 09:15	HYROX ENGINE 08:15 – 09:15
	REFORMER FUNDAMENTAL 07:00 – 08:00	REFORMER EMPOWER 06:30 – 07:30	REFORMER ATHLETIC 07:00 – 08:00	HAYMAKER 06:30 – 07:00	REFORMER EMPOWER 07:00 – 08:00	REFORMER EMPOWER 07:00 – 08:00	REFORMER EMPOWER 09:30 – 10:30
	CRANKED 07:30 – 08:00	HYROX POWER 07:00 – 08:00	CRANKED 07:30 – 08:00	HYROX ENGINE 07:00 – 08:00	CRANKED 07:30 – 08:00	HUSTLE 08:30 – 09:00	
09:00 – 12:00	APEX/BACKBONE 09:15 – 10:45	HUSTLE 09:30 – 10:00	REFORMER FUNDAMENTAL 09:30 – 10:30	APEX/BACKBONE 09:15 – 10:45	REFORMER ATHLETIC 09:30 – 10:30	CRANKED 09:30 – 10:00	HAYMAKER 10:15 – 10:45
	HAYMAKER 09:30 – 10:00	HYROX FOUNDATIONAL 10:00 – 11:00	HAYMAKER 09:30 – 10:00	CRANKED 09:30 – 10:00	HAYMAKER 09:30 – 10:00	REFORMER ATHLETIC 09:30 – 10:30	BREATHE 10:15 – 10:45
	REFORMER EMPOWER 09:30 – 10:30	CRANKED 10:15 – 10:45	HUSTLE 10:15 – 10:45	HYROX FOUNDATIONAL 10:00 – 11:00	BREATHE 10:15 – 10:45	BREATHE 10:15 – 10:45	
	BREATHE 10:15 – 10:45		BREATHE 11:00 – 11:30			REFORMER EMPOWER 10:45 – 11:45	
12:00 – 17:00		HAYMAKER 12:15 – 12:45		REFORMER EMPOWER 12:00 – 13:00			
		REFORMER FUNDAMENTAL 12:00 – 13:00		HUSTLE 12:15 – 12:45			
17:00 – 21:00	HAYMAKER 17:30 – 18:00	HUSTLE 17:30 – 18:00	APEX/BACKBONE 17:30 – 19:00	REFORMER FUNDAMENTAL 17:30 – 18:30	REFORMER ATHLETIC 17:30 – 18:30		
	REFORMER EMPOWER 17:30 – 18:30	REFORMER FUNDAMENTAL 17:30 – 18:30	REFORMER EMPOWER 17:30 – 18:30	HUSTLE 17:30 – 18:00	APEX/BACKBONE 17:30 – 19:00		
	HYROX POWER 18:00 – 19:00	CRANKED 18:15 – 18:45	REFORMER ATHLETIC 18:45 – 19:45	HYROX ENGINE 18:15 – 19:15			
	HUSTLE 18:30 – 19:00	REFORMER EMPOWER 18:45 – 19:45	BREATHE 19:15 – 19:45	CRANKED 18:15 – 18:45			
	REFORMER ATHLETIC 18:45 – 19:45	HYROX COMPLETE 18:30 – 19:30		REFORMER EMPOWER 18:30 – 19:30			
	BREATHE 19:15 – 20:15	BREATHE 19:30 – 20:00		BREATHE 19:15 – 19:45			