

SAMPLE TIMETABLE

MON TUE WED THU FRI SAT SUN

06:00
-
09:00

HUSTLE 06:15	HYROX 06:15	HAYMAKER 06:15	HYROX 06:15	HAYMAKER 06:15	HYROX 08:15	
REFORMER 07:00	BREATHE 07:30	REFORMER 07:00	BREATHE 07:30	REFORMER 07:30		
		BREATHE 07:30				

09:00
-
12:00

HYROX 09:30	HAYMAKER 09:30	HYROX 09:30	HUSTLE 09:30	HYROX 09:30	HAYMAKER 09:00	HYROX 09:00
HUSTLE 09:30	REFORMER 10:00	LIFTING CLUB 09:30	REFORMER 10:00		REFORMER 09:30	REFORMER 10:15
BREATHE 10:15	LIFTING CLUB 10:15	HUSTLE 10:15	LIFTING CLUB 10:15		HUSTLE 09:45	

12:00
-
17:00

LIFTING CLUB 12:00				LIFTING CLUB 12:00		
------------------------------	--	--	--	------------------------------	--	--

17:00
-
21:00

HUSTLE 17:30	HAYMAKER 17:30	HUSTLE 17:30	HAYMAKER 17:30	HYROX 17:30		
HYROX 18:00	HYROX 18:00	HYROX 18:00	HYROX 18:30	REFORMER 18:45		
HAYMAKER 18:15	HUSTLE 18:15	BREATHE 1815	RUN CLUB 19:15			
REFORMER 19:00	REFORMER 19:00	REFORMER 19:00				