



CLASS TIMETABLE

	5am - 6am <i>Booking Essential</i>	6am - 7am	7am - 9.30am	8am-9am	9.30am - 10.30am	2pm - 5pm	5pm - 6pm	6pm - 7pm	7pm - 8pm	8pm - 9pm
MON	Hyrox Training	Functional Training	Open Gym		Functional Training	Open Gym	Functional Training	Functional Training	Hyrox Training	Open Gym
TUES	Hyrox Training	Functional Training	Open Gym		Functional Training	Open Gym	Functional Training	Functional Training	Olympic Weightlifting	Open Gym
WEDS	Hyrox Training	Functional Training	Open Gym		Functional Training	Open Gym	Functional Training	Functional Training	Mobility	Open Gym
THURS	Hyrox Training	Functional Training	Open Gym		Functional Training	Open Gym	Functional Training	Functional Training	Functional Circuit	Open Gym
FRI	Hyrox Training	Functional Training	Open Gym		Functional Training	Open Gym	Functional Training	Functional Training	Hyrox Training	Open Gym
SAT	Closed			Hyrox Training	Functional Training	11am - 5pm: Open Gym				
SUN	9am - 3pm: Open Gym									