



CLASS TIMETABLE

AUGUST 2025

	5am - 6am	6am - 7am	7am - 8am	8am-9am	9.30am - 10.30am	2pm - 5pm	5pm - 6pm	6pm - 7pm	7pm - 8pm	8pm - 9pm
MON	Hyrox Training	Functional Training	Functional Training	Open Gym	Hyrox Training	Open Gym	Functional Training	Functional Training	Hyrox Training	Open Gym
TUES	Hyrox Training	Functional Training	Functional Training	Open Gym	Functional Training	Open Gym	Hyrox Training	*6.30pm Start* Hyrox Training	Open Gym from 7.30pm	
WEDS	Hyrox Training	Functional Training	Hyrox Training	Open Gym	Hyrox Training	Open Gym	Functional Training	Functional Training	Hyrox Training	Open Gym
THURS	Hyrox Training	Functional Training	Functional Training	Open Gym	Functional Training	Open Gym	Hyrox Training	*6.30pm Start* Hyrox Training	Open Gym from 7.30pm	
FRI	Hyrox Training	Functional Training	Hyrox Training	Open Gym	Functional Training	Open Gym	Functional Training	Functional Training	Hyrox Training	Open Gym
SAT	Closed			*8.15am Start* Hyrox Training	*9.45 Start* Functional Training	11am -6pm: Open Gym		Closed		
SUN	Closed			8am - 5pm: Open Gym			Closed			