



# CLASS TIMETABLE

DECEMBER 2025

	5am - 6am	6am - 7am	7am - 8am	8am-9am	9.30am - 10.30am	2pm - 4pm	4pm-4.45pm	5pm - 6pm	6pm - 7pm	7pm - 8pm	8pm - 9pm
MON	Hyrox Training	Functional Training	Functional Training	Open Gym	Hyrox Training	Open Gym	Kids Functional Training / Hyrox	Functional Training	Functional Training	Hyrox Training	Open Gym
TUES	Hyrox Training	Functional Training	Functional Training	Open Gym	Functional Training	Open Gym		Hyrox Training	*6.15pm Start* Hyrox Training	Open Gym from 7.30pm	
WEDS	Hyrox Training	Functional Training	Hyrox Training	Open Gym	Hyrox Training	Open Gym	Kids Functional Training / Hyrox	Functional Training	Functional Training	Hyrox Training	Open Gym
THURS	Hyrox Training	Functional Training	Functional Training	Open Gym	Functional Training	Open Gym		Hyrox Training	*6.15pm Start* Hyrox Training	Open Gym from 7.30pm	
FRI	Hyrox Training	Functional Training	Hyrox Training	Open Gym	Functional Training	Open Gym	Kids Functional Training / Hyrox	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			