

BOX CNB

HYBRID TRAINING

DILLUNS DIMARTS DIMECRES DIJOUS DIVENDRES DISSABTE DIUMENGE

7:00	HBX FUSION	HYROX ENGINE	STRENGHT & CONDITIONING
7:30	REM INDOOR	CNB CROSS	
8:00	HBX FUSION	HYROX FOUNDATIONAL	
9:00		REM INDOOR	OPEN BOX
9:15		REM FIT	
11:00			HBX FUSION
13:00	HBX BOXING	HBX BOXING	REM INDOOR HBX FUSION
13:30	CNB CROSS	HYROX ENGINE	CNB CROSS
14:30		HYROX FOUNDATIONAL	
15:10		HBX FUSION	
17:00	CNB CROSS	CNB CROSS	CNB CROSS
17:30		REM INDOOR	
17:45	HYROX POWER	HYROX COMPLETE	
18:00		REM FIT	
18:15	HYROX ENGINE	HYROX FOUNDATIONAL	HYROX POWER
18:30		HBX BOXING	
18:45	HBX FUSION	HYROX ENGINE	
19:00			
19:15	HYROX COMPLETE	HYROX POWER	HYROX COMPLETE
19:45	HBX BOXING	HYROX FOUNDATIONAL	



HYROX
TRAINING
CLUB

JULIOL