

BOX CNB

HYBRID TRAINING

DILLUNS

DIMARTS

DIMECRES

DIJOUS

DIVENDRES

DISSABTE

DIUMENGE

7:00	HBX FUSION OPEN BOX	CROSS	HYROX FOUNDATIONAL	HYROX POWER OPEN BOX	CROSS
7:30					
8:00			HBX FUSION OPEN BOX	CROSS	HYROX FOUNDATIONAL
9:00				CROSS	
11:00					HBX FUSION
13:00	HBX BOXING		HBX BOXING		HBX BOXING HBX FUSION
13:25	CROSS	HYROX ENGINE	HYROX FOUNDATIONAL	CROSS	HYROX COMPLETE
14:30		CROSS		HYROX POWER	
15:10				HBX FUSION	
17:00	CROSS		CROSS		CROSS
17:45		HYROX POWER		HYROX COMPLETE	
18:05	HYROX ENGINE OPEN BOX		HYROX FOUNDATIONAL		HYROX POWER
18:30				HBX BOXING	
18:45		HBX FUSION OPEN BOX			
19:05	CROSS		HYROX POWER	HYROX ENGINE	HYROX COMPLETE
19:45		HBX BOXING OPEN BOX		HYROX FOUNDATIONAL	
20:05	HYROX COMPLETE		CROSS		



HYROX
TRAINING
CLUB

OCTUBRE