

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	REM INDOOR				
8:00			HBX FUSION OPEN BOX	CROSS	HYROX FOUNDATIONAL
9:00	REM INDOOR CROSS				
9:15	REM FIT				
11:00	HBX FUSION				
13:00	HBX BOXING	HBX BOXING			HBX BOXING REM INDOOR 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	
17:30	REM INDOOR				
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		HYROX ENGINE		
19:05	CROSS	HYROX POWER		HYROX COMPLETE	
19:45	HBX BOXING OPEN BOX		HYROX FOUNDATIONAL		
20:05	HYROX COMPLETE	CROSS			



HYROX
TRAINING
CLUB

SETEMBRE