

# 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<br>OPEN BOX |                         |
| 9:15  | REM FIT            |                    |                        |                         |
| 11:00 | HBX FUSION         |                    |                        |                         |
| 13:00 | HBX BOXING         | HBX BOXING         |                        | REM INDOOR              |
|       |                    |                    | HBX BOXING             | 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

**SETEMBRE**