



HYROX
TRAINING CLUB



DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES	
HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT
6:30 7:30	HYROX	6:30 7:30	HYROX	6:30 7:30	HYROX	6:30 7:30	HYROX	6:30 7:30	HYROX ⊕
7:30 8:30	HYROX	7:30 8:30	HYROX	7:30 8:30	HYROX	7:30 8:30	HYROX	7:30 8:30	HYROX ⊕
8:30 9:30	HYROX	8:30 13:30	OPEN GYM	8:30 9:30	HYROX	8:30 13:30	OPEN GYM	8:30 17:30	OPEN GYM
9:30 17:30	OPEN GYM	13:30 14:30	HYROX	9:30 17:30	OPEN GYM	13:30 14:30	HYROX	17:30 18:30	HYROX ⊕
17:30 18:30	HYROX	14:30 18:30	OPEN GYM	17:30 18:30	HYROX	14:30 18:30	OPEN GYM	18:30 19:30	HYROX ⊕
18:30 19:30	HYROX	18:30 19:30	HYROX	18:30 19:30	HYROX	18:30 19:30	HYROX	19:30 20:30	HYROX ⊕
19:30 20:30	HYROX	19:30 20:30	HYROX	19:30 20:30	HYROX	19:30 20:30	HYROX	20:30 22:00	OPEN GYM
20:30 22:00	OPEN GYM	20:30 22:00	OPEN GYM	20:30 22:00	OPEN GYM	20:30 22:00	OPEN GYM		

HORARI

NEVER STOP COMPETING

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