



HYROX
TRAINING CLUB



DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE	
HORA	ACTIVITAT	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 ⊕	8:00 14:00	OPEN GYM
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 ⊕	17:00 21:00	OPEN GYM
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	DIUMENGE	
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 ⊕	9:00 14:00	OPEN GYM
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 22:00	OPEN GYM		
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				

NEVER STOP COMPETING

Triops Hyrox Training Club
C/ Dr. Mascaró, 23
17820, Banyoles
gimnastriops.com/hyrox
info@gimnastriops.com
Tel. 972 57 53 52

HORARI