



SESSION TIMETABLE

05:30 06:30 07:30 09:30 13:00 17:00 18:00 19:00 20:00

MON	ST	HYB	ST	HYB	HYB		ST	HYROX	ST
TUES	HYB	ST		ST			ST	HYB	HYROX
WEDS	ST	HYB	HYB	ST	HYB		HYROX	HYB	ST
THURS	HYB	ST		ST			ST	HYB	HYROX
FRI	ST	HYB	HYROX	HYB	HYB		ST	HYB	

SAT

SUN

07:30 08:45 09:45
HYROX HYB ST

07:30 08:45
HYROX ST