

# HOP



## MONDAY

12:15 HYBRID 45

16:30 HYBRID

17:30 HYBRID

18:30 HONEY

## TUESDAY

06:45 F B A

16:30 F B A

18:00 HYBRID

## WEDNESDAY

12:15 HYROX 45

16:30 RECOVER 45

17:30 HYROX

18:30 F B A

## THURSDAY

06:45 HYBRID

16:30 HYBRID

17:30 HYBRID

## FRIDAY

06:45 TURF

12:15 TURF 45

## SATURDAY

09:30 HYROX TEAMS

**L S X D**

**HYROX**

**HOP  
founder  
club**

HEALTH OVER PERFECTION FITNESS

## **HYBRID**

A blend of functional barbell lifts, conditioning, skill work and mobility drills. Designed for all abilities to build a lean, functional physique and feel strong, empowered and ready for life.

## **HYROX**

Fun, all-levels classes inspired by the HYROX 8-station competition. We add periodised training to improve performance—ideal for competitors or anyone wanting well-rounded fitness. Held twice a week.

## **TEENS +**

**HOPs** brand-new programme for teens that's fun, functional and sustainable. Teens get their own session space while parents train separately—or together in the combined option.

## **FBA**

### **(Functional Body Aesthetics)**

HOPs brand-new fusion of functional bodybuilding. Expect juicy pumps, strength gains and improved movement patterns to sculpt the physique you want.



## **HONEY**

Women-only strength class. a supportive, empowering setting. Build strength and confidence with like-minded women.

## **45**

Punchy 45-minute version of our hour-long classes, perfect for a lunchtime energy boost and keeping on track when time is tight.

## **RECOVER**

Relaxing session focused on stretching, joint mobility and mental reset. Great for enhancing recovery, improving performance and restoring balance.

## **TURF**

Friday's team workout, energising and inspired by turf-game comps. HOPs sweaty full body session to finish the week!

**LSND**

**HYROX**

**HOP  
founder  
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