

THRIVE X TIMETABLE

MONDAY

6:15am

ENGINE

BILLY

TUESDAY

6:15am

STRONG

LEON

9:30am

STRONG

LEON

WEDNESDAY

6:15am

HYROX

IRIS

9:30am

HYROX

IRIS

THURSDAY

9:30am

STRONG

LEON

FRIDAY

6:15am

HYROX

VICKI

9:30am

ENGINE

IRIS

SATURDAY

9:15am

ENGINE

VICKI

SUNDAY

9:15am

HYROX

DOUBLES

IRIS

6.00pm

ENGINE

IRIS

6.00pm

HYROX

IRIS

6.00pm

STRONG

BILLY

6:00pm

HYROX

BILLY

5:30pm

RUN CLUB

IRIS

H Y R O X

