

THRIVE X

TIMETABLE

MONDAY

6:15am
ENGINE
IRIS

TUESDAY

6:15am
STRONG
BILLY

9:30am
STRONG
BILLY

WEDNESDAY

6:15am
HYROX
IRIS

9:30am
HYROX
IRIS

THURSDAY

6:00pm
HYROX
BILLY

FRIDAY

6:15am
HYROX
IRIS

9:30am
ENGINE
IRIS

SATURDAY

9:15am
ENGINE
BILLY

SUNDAY

9:15am
HYROX
DOUBLES
IRIS

6pm
ENGINE
IRIS

5:30pm
STRONG
IRIS

6.30pm
HYROX
IRIS

6pm
STRONG
BILLY

5:30pm
RUN CLUB
IRIS

H Y R O X

