

6 WEEK HYROX CHALLENGE TIMETABLE

THE DUNGEON

EFFECTIVE 20 OCTOBER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.00 AM	HYROX STRENGTH	HYROX FIT	DUNGEON	HYROX FIT	DUNGEON		
6.00 AM	HYROX STRENGTH	HYROX FIT	DUNGEON	HYROX FIT			
7.00 AM						DUNGEON	
8.15 AM						HYROX FIT TEAMS & PAIRS	8.00AM HYROX MINI RACE SIM
9.15 AM	HYROX STRENGTH	DUNGEON		HYROX FIT	DUNGEON		
5.15 PM	DUNGEON	DUNGEON	HYROX STRENGTH	HYROX FIT			
6.15 PM			HYROX STRENGTH	HYROX FIT			
6.30 PM	HYROX STRENGTH	HYROX FIT					

REFORMER PILATES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.15 AM	REFORMERS	REFORMERS	REFORMERS	REFORMERS	REFORMERS		
6.15 AM	REFORMERS	REFORMERS	REFORMERS	REFORMERS	REFORMERS		
7.00 AM	REFORMERS 7.15AM					REFORMERS	REFORMERS 7.15AM
8.00 AM						REFORMERS	
9.00 AM						REFORMERS	
8.15 AM	REFORMERS	REFORMERS	REFORMERS	REFORMERS	REFORMERS		REFORMERS
9.15 AM	REFORMERS	REFORMERS	REFORMERS	REFORMERS	REFORMERS		REFORMERS
10.15 AM					REFORMERS		
12.15 PM	REFORMERS						
4.15 PM		REFORMERS	REFORMERS				
4.30 PM				REFORMERS	REFORMERS		
5.00 PM	REFORMERS						
5.15 PM		REFORMERS	REFORMERS				
5.30 PM				REFORMERS	REFORMERS		
6.00 PM	REFORMERS						
6.15 PM		REFORMERS	REFORMERS				

MASTERS CLASSES

The masters program is designed for seniors. Non-Platinum members can attend at a cost of \$5 per class. Platinum members receive this program free of charge.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00 AM		DUNGEON		HYROX STRENGTH			
10.15 AM	REFORMERS		REFORMERS				
11.15 AM					REFORMERS		