



January 2025

Group Class Schedule

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GYM OPEN HOURS:

MON-FRI 6am-2pm
SAT 6am-12pm
3pm-9pm

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00-07:00	HYROX STRENGTH	HYROX STRENGTH	HYROX HYBRID	HYROX HYBRID	HYROX STRENGTH	HYROX GRIND *6AM - 7:30AM* HYROX SIMULATION *6AM - 7:30AM*
07:00-08:00	HYROX RUN	HYROX STRENGTH	HYROX HYBRID	HYROX HYBRID		
08:00-09:00						HYROX STRENGTH
09:15-10:15	LEG DAY muscle gains	UPPER BODY DAY muscle gains	HYROX HYBRID	UPPER BODY DAY muscle gains	UPPER BODY DAY muscle gains	
10:30-11:30	BOXING all levels	HYROX HYBRID	BOXING all levels-conditioning	HYROX HYBRID	BOXING all levels	BOXING fundamentals
12:00-13:00	LEG DAY muscle gains		HYROX HYBRID		BOXING fundamentals LEG DAY muscle gains	
13:00-14:00	HYROX HYBRID	ZUMBA	ZUMBA	ZUMBA		
14:15-15:15	BOXING all levels	LEG DAY muscle gains		UPPER BODY DAY muscle gains	HYROX STRENGTH *3pm - 4pm*	
16:00-17:00	TEEN Athletic Performance	HYROX HYBRID *3:30pm - 4:30pm*		TEEN Athletic Performance		
17:00-17:50	KID'S BOXING	KID'S KICKBOXING	KID'S KICKBOXING	KID'S BOXING		
18:00-19:00	BOXING fundamentals	BOXING all levels	BOXING *6:30PM-7:15PM* sparring training LEG DAY muscle gains	BOXING fundamentals WARRIOR BOOTCAMP	WARRIOR BOOTCAMP	
19:15-20:15	BOXING all levels	BOXING strength & conditioning	BOXING all levels	BOXING strength & conditioning MUAY THAI all levels	MUAY THAI all levels	

OPEN MAT/GYM MEMBERSHIPS LOCATE US



- Schedule may change without notice
- Scan QR code for open mat/gym availability
- Please refer to TeamUp booking app for latest schedule