



# MONDAY

Strength class

19:00-20:00

*Full body strength workout with focus on mobility and technique*

# TUESDAY

Hyrox Squad

19:00-20:00

*High-energy class to push your limits and build total-body strength*

# WEDNESDAY

Run Better

12:00-13:00

*Outdoor running, to improve technique, efficiency and endurance*

High intensity  
circuit training

19:00-20:00

*Mobility warm-up into a circuit mixing conditioning and weights*

# THURSDAY

Her Fight Club

19:00-20:00

*Women-only boxing class designed to empower, energize, and inspire*

# SATURDAY

High intensity  
circuit training

10:00-11:00

*Mobility warm-up into a circuit mixing conditioning and weights*