

# HORARIO DE HYROX

DESDE EL 18 DE SEPTIEMBRE EN ACTIVA CLUB ALMERÍA

| HORA  | LUNES                         | MARTES                        | MIÉRCOLES                     | JUEVES                        | VIERNES                       | SÁBADO                        | DOMINGO |
|-------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|---------|
| 08:00 |                               | 08:00 - 08:55<br>HYROX<br>BOX |                               | 08:00 - 08:55<br>HYROX<br>BOX |                               |                               |         |
| 10:00 | 10:00 - 10:55<br>HYROX<br>BOX |                               | 10:00 - 10:55<br>HYROX<br>BOX |                               |                               | 10:30 - 11:25<br>HYROX<br>BOX |         |
| 14:00 |                               |                               | 14:15 - 15:10<br>HYROX<br>BOX |                               |                               |                               |         |
| 18:00 |                               |                               |                               | 18:30 - 19:25<br>HYROX<br>BOX | 18:00 - 18:55<br>HYROX<br>BOX |                               |         |
| 19:00 | 19:30 - 20:25<br>HYROX<br>BOX |                               |                               |                               |                               |                               |         |
| 20:00 |                               |                               | 20:30 - 21:25<br>HYROX<br>BOX |                               |                               |                               |         |
| 21:00 |                               | 21:30 - 22:25<br>HYROX<br>BOX |                               |                               |                               |                               |         |