

Class Schedule

HYROX TRAINING CLUB

Monthly Subscriptions Now Available at the Wilton Y!

MON	6:00-7:00 AM HYROX Field House	9:15-10:15 AM HYROX Field House	
TUE	8:00-9:00 AM HYROX Field House	4:00-5:00 PM HYROX ATC	7:00-8:00 PM HYROX ATC
WED	6:00-7:00 AM HYROX Field House	9:15-10:15 AM HYROX Field House	7:00-8:00 PM HYROX ATC
THU	8:00-9:00 AM HYROX Field House	4:15-5:15 PM HYROX Field House	
FRI	6:00-7:00 AM HYROX Field House	9:15-10:15 AM HYROX Field House	3:45-4:45 PM HYROX Field House
SAT	7:30-8:30 AM HYROX Field House		
SUN	7:30-8:30 AM HYROX Field House		

