Fitness First | PATRICIO TRAVEL

HYROX-WEEK*

Samstag		Sonntag		Montag		Dienstag		Mittwoch		Donnerstag		Freitag	
14:00 18:00	**Freies Training** Fitness First Club	08:45 09:00	**Short Welcome** HYROX-Area	07:00 08:00	**Run & Agility** Fitness Club	07:00 07:45	**Yogilates** Wellfit-Plateau	07:00 08:00	**Beach Workout** Beach	07:00 08:00	**Running** Fitness Club	07:00 07:45	**Yogilates** Wellfit-Plateau
		09:00 09:50	**Community Hub** HYROX-Area	09:00 10:00	**Hyrox Strength** HYROX-Area	09:00 09:30	**Schlitten** HYROX-Area, Technik	09:00 09:45	**Athletic Workout** Kolosseum	08:50 09:50	**HYROX Workout** HYROX-Area	09:00 11:30	**HYROX PFT** HYROX-Area
		10:00 10:30	**Rudern** HYROX-Area, Technik	10:10 11:10	**Hyrox Workout** HYROX-Area	09:00 09:50	**Running Basic Endurance** Fitness Club	10:00 12:00	**HYROX Battle the Trainer** HYROX-Area	09:00 09:45	**Body Complete** Kolosseum	11:45 12:30	**Athletic Workout** Kolosseum
		10:00 11:00	**Running** Fitness Club	11:20 12:05	**Body Complete** Wellfit-Plateau	10:00 12:00	**HYROX Community Workout** HYROX-Area	12:10 12:30	**Mobility** HYROX-Area	10:00 12:30	**HYROX Simulation** HYROX-Area	12:40 13:00	**Mobility** HYROX-Area
		10:40 11:10	**Burpees** HYROX-Area, Technik	12:15 12:35	**Mobility** Wellfit-Plateau	12:10 12:30	**Mobility** HYROX-Area	14:30 15:30	**FAQ HYROX** Wellfit-Plateau, Workshop	12:40 13:10	**Faszien Fit** HYROX-Area	16:00 17:30	**HYROX Community Workout** HYROX-Area
		11:20 11:50	**Wallballs** HYROX-Area, Technik	15:30 16:00	**Ski-Erg** HYROX-Area, Technik	15:50 16:50	**HYROX Stength** HYROX-Area	15:40 16:25	**Burpee Workout** Kolosseum	16:00 17:00	**HYROX Strength** HYROX-Area	17:40 18:10	**Faszien Fit** HYROX-Area
		12:00 12:30	**Push-Ups & Lunges** HYROX-Area, Technik	16:10 17:10	**HYROX Endurance** HYROX-Area	17:00 18:00	**HYROX Endurance** HYROX-Area	16:30 17:30	**HYROX Endurance** HYROX-Area	16:00 17:00	**Running Basic Endurance** Fitness Club		
		15:30 18:00	**HYROX PFT** HYROX-Area	16:10 16:55	**Pilates** Kolosseum	17:00 18:00	**Running** Fitness Club	16:30 17:30	**Sprint & Agility** Kolosseum	17:10 17:55	**Pilates** Kolosseum		
		18:10 18:30	**Mobility** HYROX-Area	17:20 18:20	**HYROX Workout** HYROX-Area	18:10 18:40	**Faszien Fit** HYROX-Area	17:40 18:40	**HYROX Strength** HYROX-Area	17:10 18:10	**HYROX Workout** HYROX-Area		
				17:20 18:20	**Running drills** Fitness Club								
	Begrüßungs-veranstaltung										**Gala-Abend**		**Abschluss-veranstaltung**

*Änderungen im Eventprogramm sind vorbehalten.