

HYROX

# BUILT FOR HYROX

Discover the programming behind  
our HYROX classes.



What is HYROX?

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# *HYROX*

Our HYROX classes are perfect for anyone who enjoys long, endurance-based workouts with less complex movements – and of course for those preparing for HYROX races.

We are offering 5-7 HYROX classes per week.

You can book these classes with your membership or 10-class pass/Drop-in or Week pass.



HYROX Performance Hub |  
Programming

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# *HYROX* *Foundational*

## **HYROX classes on Monday & Saturday**

Foundational training resembles traditional circuit training. The objective of this program is to build baseline fitness: Strength, endurance, some aerobic capacity, agility and skill work.



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# *HYROX* *Power*

## **HYROX classes on Tuesday & Wednesday**

Muscular strength and endurance is critical in a HYROX race. You need to recruit tremendous muscular power, to move weight over time, and to do it while fatigued. This is a skill that needs to be trained.



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# *HYROX* *Complete*

## **HYROX classes on Thursday & Sunday**

Complete training is the most race specific workout. A blend of aerobic and lactic conditioning with strength and HYROX specific skills.

The training will prepare you for the specific physiological demands you will encounter in a HYROX race. It will challenge you physically and mentally, while building a level of familiarity and comfort in the discomfort of these challenges.



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# *HYROX Engine*

**What you should add to your preparation for a HYROX race:**

Engine workouts are designed to boost endurance, aerobic capacity, lactate threshold and tolerance. If you are preparing for a HYROX race add intervals, compromised workouts, and sprint efforts to develop speed, VO2 Max, and endurance to your training plan