



THE STANDARD HQ

SCHEDULE

| | STRENGTH FLOOR | CONDITIONING FLOOR |
|-----|--|--|
| MON | LEG DAY 5AM, 5:50AM, 6:40AM, 8:30AM, 9:20AM 12PM, 4:20PM, 5:10PM, 6PM, 6:50PM | HYROX ENGINE/ MAT PILATES HYROX - 5AM, 5:50AM, 9:20AM, 4:20PM, 5:10PM. PILATES - 10:15AM |
| TUE | UPPER DAY 5AM, 5:50AM, 6:40AM, 8:30AM, 9:20AM 12PM, 4:20PM, 5:10PM, 6PM, 6:50PM | HYROX POWER/ MAT PILATES HYROX - 5AM, 5:50AM, 9:20AM, 4:20PM, 5:10PM. PILATES - 7:30AM |
| WED | OLY LIFTS (LIVE IN MARCH) 5AM, 5:50AM, 6PM. | HIIT/YOGA HIIT - 5AM, 5:50AM, 6:40AM, 8:30AM, 9:20AM 12PM, 4:20PM, 5:10PM, 6PM. YOGA 6:50PM |
| THU | LOWER DAY 5AM, 5:50AM, 6:40AM, 8:30AM, 9:20AM 12PM, 4:20PM, 5:10PM, 6PM, 6:50PM | HYROX TRAINING /MAT PILATES HYROX - 5AM, 5:50AM, 9:20AM, 4:20PM, 5:10PM. PILATES - 10:15AM |
| FRI | ARM DAY 5AM, 5:50AM, 6:40AM, 8:30AM, 9:20AM 12PM, 4:20PM, 5:10PM, 6PM, 6:50PM | CONDITIONING/ BOXING /PILATES CON - 5AM, 5:50AM, 9:20AM, 4:20PM, 5:10PM. BOXING - 5AM, 5:50AM, 5:10PM. PILATES - 7.30AM |
| SAT | FULL BODY 7AM & 8AM | SEND IT SATDEE 6AM, 7AM, 8AM |



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| THU | LOWER DAY 5AM, 5:50AM, 6:40AM, 8:30AM, 9:20AM 12PM, 4:20PM, 5:10PM, 6PM, 6:50PM | HYROX TRAINING /MAT PILATES HYROX - 5AM, 5:50AM, 9:20AM, 4:20PM, 5:10PM. PILATES - 10:15AM |
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| SAT | FULL BODY 7AM & 8AM | SEND IT SATDEE 6AM, 7AM, 8AM |



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HYROX
TRAINING
CLUB



THE
STANDARD HQ

SCHEDULE

STRENGTH FLOOR

WED

**OLY LIFTS
(LIVE IN MARCH)**

5AM, 5:50AM, 6PM.