

VIVAFit

HYROX

MONDAY	6:30 AM	HYROX
	5:00 PM	HYROX
TUESDAY	7:30 AM	HYROX
WEDNESDAY	6:30 AM	HYROX
	5:00 PM	HYROX
THURSDAY	7:30 AM	HYROX
FRIDAY	8:30 AM	HYROX
SATURDAY	8:00 AM	HYROX+
SUNDAY	9:00 AM	HYROX

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