

NXT LEVEL WORKOUTS OF THE WEEK AUTUMN-WINTER 2023/24

MO	Di	MI	DO	FR	SA
08:20 - 09:30 MUSKEL+ 60 MIN		08:20 - 10:00 HYROX+ 90 MIN		08:00 - 08:45 PERSONAL 45 MIN	
09:35 - 10:45 MUSKEL+ 60 MIN		10:05 - 11:15 MUSKEL+ 60 MIN		09:05 - 10:15 WOD 60 MIN	08:50 - 10:00 WOD 60 MIN
11:00 - 11:45 PERSONAL 45 MIN				10:30 - 11:15 PERSONAL 45 MIN	08:50 - 10:30 HYROX+ 90 MIN
14:20 - 15:30 MUSKEL+ 60 MIN		14:20 - 15:30 MUSKEL+ 60 MIN	14:20 - 15:30 WOD 60 MIN	14:05 - 15:15 WOD 60 MIN	
	16:00 - 16:45 PERSONAL 45 MIN				
16:20 - 17:30 MUSKEL+ 60 MIN	16:20 - 17:30 WOD 60 MIN	16:20 - 17:30 MUSKEL+ 60 MIN	16:20 - 17:30 WOD 60 MIN	16:05 - 17:15 WOD 60 MIN	
17:35 - 18:45 MUSKEL+ 60 MIN	17:35 - 18:45 WOD 60 MIN	17:40 - 18:50 MUSKEL+ 60 MIN	17:35 - 18:45 WOD 60 MIN		
17:45 - 18:30 PERSONAL 45 MIN	18:50 - 20:00 WOD 60 MIN	19:00 - 19:45 PERSONAL 45 MIN	18:50 - 20:00 WOD 60 MIN		
		19:00 - 20:30 HYROX+ 90 MIN			