



01 SKI ERG

RUN IN
RUN OUT
RELAY ZONE

02 SLED PUSH

03 SLED PULL

F45

CEREMONY STAGE

04 BBJ

05 ROWING

+ AID STATION

06 FARMERS CARRY

CHANGING ROOM

HYROX365

CENTR

DR HYDRATE

07 LUNGES

HYROX WORLD

VIEWING DECK

08 WALL BALLS

FINISH

RECOVERY ZONE

RECOVER ME

START TUNNEL

WARM-UP ZONE

RECOVER ME TRAILER

HYDRATION
RED BULL ENERGY STATION

OUT
IN

ENTRY TO RACE HALL

SPECTATOR CHECK-IN

RACE HALL ENTRANCE

EXIT

FOOD AND DRINKS

ENTRY TO RACE HALL

EXIT

