

**Provisorisches Programm: Hyrox & Function Fitness Weekend, Guarda  
18. - 21. September 2025**

**KUONI** | Sports Travel

|            | Donnerstag                                                                     | Freitag                                    | Samstag                                      | Sonntag                                               |                                     |  |
|------------|--------------------------------------------------------------------------------|--------------------------------------------|----------------------------------------------|-------------------------------------------------------|-------------------------------------|--|
| Vormittag  | individuelle Anreise                                                           | 07:30<br>Shake-Out-Run & Mobility<br>60'   | 07:30<br>HYROX Running Drills<br>60'         | 07:30<br>Shake-Out-Run,<br>Mobility & Recovery<br>60' |                                     |  |
|            |                                                                                | Frühstück                                  | Frühstück                                    |                                                       |                                     |  |
|            |                                                                                | Freizeit                                   |                                              | Frühstück                                             |                                     |  |
|            |                                                                                |                                            |                                              | 11:00<br>HYROX Simulation<br><br>Dauer: 2h            | Check out &<br>individuelle Abreise |  |
|            |                                                                                |                                            |                                              |                                                       |                                     |  |
| Nachmittag | 13:00<br>Willkommensdrink                                                      | 13:00<br>HYROX Workout 75'                 | Freizeit                                     |                                                       |                                     |  |
|            | 14:15<br>Faszien Release & Mobility<br>Hands-on: Stations in der Praxis<br>75' |                                            |                                              |                                                       |                                     |  |
|            | Check In                                                                       |                                            |                                              |                                                       |                                     |  |
|            | 16:30<br>Functional Training<br>60'                                            | 16:30<br>Faszien Release & Mobility<br>30' | 16:30<br>Faszien Release & Mobility<br>30'   |                                                       |                                     |  |
| Abend      | Input 15 - 20'<br>Functional Training                                          | Input 15 - 20'<br>HYROX Insiders           | Input 15 - 20'<br>HYROX Nutrition & Recovery |                                                       |                                     |  |
|            |                                                                                |                                            |                                              |                                                       |                                     |  |
|            | 19:00<br>gemeinsames Abendessen                                                | 19:00<br>gemeinsames Abendessen            | 19:00<br>gemeinsames Abendessen              |                                                       |                                     |  |

Programmänderungen vorbehalten.

|                 |
|-----------------|
| Verpflegung     |
| #movebetter     |
| #movestronger   |
| #movelonger     |
| Know How Inputs |

