



BAG DROP
LOCATED AT
LEVEL 1

START TUNNEL
RELAY ZONE
RUN OUT
RUN IN
WARM-UP ZONE
CHANGING ROOM

01 SKI ERG

RED BULL ENERGY STATION
HYDRATION

02 SLED PUSH

03 SLED PULL

04 BBJ

05 ROWING

+ FIRST AID STATION
06 FARMERS CARRY

07 LUNGES

VIEWING DECK
08 WALL BALLS
VIEWING DECK

RECOVERY ZONE
FINISH

CEREMONY
STAGE

HYROX WORLD

DR.HYDRATE

CONCEPT 2

HYROX
365

CENTR

ATHLETE
REGISTRATION

EXIT RACE HALL ENTRANCE