HYROX TRAINING

Sharing the Space

HYROX Class Etiquette

Turf Area, Strength Room · Adelaide Club

Our HYROX classes begin with a 15-minute setup before the posted start time, followed by 45 minutes of class. We love that this is a shared space, and we want everyone — whether you're joining the class, training around it, or coaching your own clients nearby — to feel welcome and in the loop. Here's how we'll make it work beautifully for everyone.

Schedule visibility
Class times are posted on the website, MotionVibe, social media, the Strength Room board, and around the club — so you can always plan ahead.

Reserved equipment
Signs go on skiergs, RowErgs & wall ball targets; cones mark off turf lanes (up to 4). Each sign reads "Reserved till end of class" with a QR code to the schedule.

Already using something we need?
No worries — our coach will kindly flag it and free it up right after class. A spare is left out when possible, depending on class size.

Need equipment mid-class?
Check the sign or scan the QR code for the finish time — if it frees up sooner, we'll release it right back to you.

Passing through
The water fountain sits on one side of the turf — feel free to walk through, just be mindful of anyone mid-rep.

Curious about the class?
Feel free to watch from the side anytime — we love sharing the energy!

Room in class?
We cap classes at 12, but if there's space, jump right in — just approach the coach.

Belongings
Water bottles and towels are welcome, but all personal items should be stored in a locker — free day-use lockers are available.

Heads up on the vibe
Expect great music and an energetic coach's voice cheering the class on — it's part of the fun!

Questions in the moment?
A HYROX coach is always on the floor during class. Outside class hours, email lmagana@adelaideclub.com.

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