NamiBlu

MALLORCA
SEPTEMBER 2026



FREE 3-DAY TRAINING PROGRAM

HYROX TRAINING

WITH ELITE 15 ATHLETE *JOE BINGHAM*

SEP 18 – SEP 20

NAMIBLU BEACH

BOOK NOW

CAN PASTILLA BEACH, MALLORCA

FREE 3-DAY TRAINING PROGRAM

FREE HYROX ELITE TRAINING WITH JOE BINGHAM

NamiBlu

FRIDAY
SEPTEMBER 18

WORKSHOP

TALK 9:00 - 9:30
Breaking down Hyrox and how fundamentals can be trained for huge impact on the beach.

WORKOUT 9:30 - 10:15

Q&A 10:15 - 10:30

SATURDAY
SEPTEMBER 19

HYROX WOD FOR TIME.

ARRIVE 9:00

BRIEFING 9:15

RACE-LIKE WORKOUT 9:30 AM
All exercises completed as fast as possible, replicating an actual event.

Q&A 10:15

SUNDAY
SEPTEMBER 20

TRAIN & Q&A 9:00 - 10:15
Train and Q&A with me.

ON SITE

- **RECOVERY EQUIPMENT** — **€12/hour**
  Hyperice Normatec Premier Hips · Lower Legs · Contrast 2 Knee · Therabody Theragun Prime
- **PREMIUM NB BEACH PUFF FREEDOM LOUNGERS** — **€25**
- **FOOD & DRINKS** — **Priced per item**

BOOK NOW