

	MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG		
	Outdoor	Power Zone	Calm Zone	Outdoor	Power Zone	Calm Zone	Functional	Power Zone	Calm Zone	Functional	Power Zone	Calm Zone	Outdoor	Power Zone	Calm Zone
07.00		07.00 – 08.00 HYROX			7.00 – 8.00 HYROX	7.00 – 8.00 Yoga Vinyasa	07.00 – 08.00 HYROX Competition	07.00 – 08.00 Boxing	07.00 – 08.00 Power Yoga		07.00 – 08.00 HYROX Competition			07.00 – 08.00 Hyrox	
08.00															
09.00		08.30 – 09.30 LES MILLS Bodypump													
10.00						9.00 – 10.15 Yin Yoga									09.00 – 10.00 Vinyasa Yoga
11.00															10.00 – 11.00 Rücken Fit
12.00															
13.00															
14.00															
15.00															
16.00															
17.00		16.00 – 17.00 TRU Kids Gymnastics			16.00 – 17.00 TRU Kids Self Defense									16.00 – 17.00 TRU Kids Self Defence	
18.00		17.00 – 18.00 LES MILLS Bodypump	17.00 – 18.00 Pilates		17.15 – 17.45 HYROX Beginner	17.00 – 18.00 Barre								17.00 – 18.00 LES MILLS Bodypump	16.45 – 17.40 Yin&Yang Yoga
19.00		18.00 – 18.45 LES MILLS Bodycombat	18.00 – 19.00 Vinyasa & Hatha Yoga		18.00 – 19.00 HYROX	18.00 – 19.00 Yin Yoga								18.15 – 19.15 Boxing	17.45 – 18.25 Autogenes Training
20.00		19.00 – 20.00 HYROX			19.10 – 20.10 Boxing	19.00 – 20.00 LES MILLS Bodybalance								18.30 – 19.30 LES MILLS Bodybalance	17.45 – 19.00 Alignment & Strength Yoga
21.00		20.10 – 21.10 Boxing				20.00 – 21.00 Balett								19.30 – 20.30 HYROX	19.00 – 20.00 Yin Yoga
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	Outdoor	Power Zone	Calm Zone	Outdoor	Power Zone	Calm Zone
9.00		09.15 – 09.45 HYROX Beginner		09.00 – 10.00 Running Club		
10.00		10.00 – 11.00 HYROX	10.00 – 11.00 TRU Kids Class		10.00 – 11.00 HYROX Competition	
11.00			11.00 – 12.15 Holistic Yoga		11.15 – 12.15 Functional Workout	
12.00						
13.00						
14.00						
15.00					15.15 – 16.15 TRU Kids Class	
16.00						
17.00						
18.00						
19.00						
20.00						

# KURSPLAN



## Upcoming Events & Communities

Über diesen QR-Code könnt ihr euch über unsere anstehenden Events informieren und auch direkt anmelden.

Außerdem findet ihr hier Zugang zu unseren Community-Gruppen.

## Infos und Anmeldung

Über die MySports App erhaltet ihr alle Informationen zu den einzelnen Kursen und die Möglichkeit, euch anzumelden.

## Kids-Class

Unsere Kids Class ist für Kinder zwischen 3-8 Jahre. Anmeldung bitte über die MySports App.