MONTAG

	Functional	Power Zone	Calm Zone
06.00			
07.00		07.00 – 07.55 HYROX	
08.00			08.00 – 08.55 *Pilates*
09.00			
10.00			
11.00			11.00 – 11.55 *Pilates*
12.00		12.00 – 13.00 HYROX	12.00 – 13.00 *Barre*
13.00			
14.00		14.00 – 15.00 TRU KIDS *Virtual Workout (Easy)*	
15.00			
16.00		16.00 – 17.00 TRU KIDS *Activity*	
17.00		17.00 – 17.55 LES MILLS *Bodypump*	17.00 – 17.55 *Pilates*
18.00		18.00 – 18.55 LES MILLS *Bodycombat*	18.00 – 19.00 *Vinyasa & Hatha Yoga*
19.00		19.00 – 19.55 HYROX	19.00 – 19.55 *Pilates*
20.00		20.10 – 21.10 *Boxing*	20.10 – 21.10 LES MILLS *Bodybalance*

DIENSTAG

	Functional	Power Zone	Calm Zone
06.00			
07.00		7.00 – 7.55 HYROX	7.00 – 8.00 *Alignment & Strength Yoga*
08.00			
09.00			9.00 – 10.15 *Yin Yoga*
10.00			
11.00			11.15 – 12.15 *Classic Pilates*
12.00			
13.00			
14.00			
15.00		15.00 – 15.20 *Hebammenkurs* / 15.30 – 15.50 *Pregnancy Yoga*	
16.00			
17.00		17.00 – 17.50 HYROX *Beginner*	17.00 – 18.00 *Barre*
18.00		18.00 – 18.50 *Self Defense*	18.00 – 18.55 *Yin Yoga*
19.00		19.00 – 19.55 LES MILLS *Bodypump*	19.00 – 20.00 *Ballett*
20.00			20.00 – 20.55 LES MILLS *Bodybalance*

MITTWOCH

	Functional	Power Zone	Calm Zone
06.00		06.10 – 06.55 HYROX	
07.00	07.00 – 08.00 HYROX *Competition*	07.00 – 08.00 *Boxing*	07.00 – 07.55 *Pilates*
08.00		08.05 – 09.05 LES MILLS *Bodypump*	
09.00			09.00 – 09.55 *Pilates*
10.00		10.15 – 11.15 *Bauch Beine Po*	
11.00			11.20 – 12.15 *Pilates*
12.00		12.00 – 13.00 HYROX	
13.00			
14.00		14.00 – 15.00 TRU KIDS *Virtual Yoga*	
15.00			
16.00		15.45 – 16.45 TRU KIDS *Dance*	
17.00		17.00 – 17.55 HYROX	
18.00		18.00 – 19.00 LES MILLS *Dance*	18.00 – 19.00 *Yogilates*
19.00		19.00 – 19.55 LES MILLS *Bodypump*	19.05 – 20.05 *Barre*
20.00		20.15 – 21.15 NODAYSOFF.CLUB *Social Workout*	20.10 – 21.10 *Pilates*

DONNERSTAG

	Functional	Power Zone	Calm Zone
06.00			
07.00		07.00 – 08.00 HYROX Competition	07.00 – 07.55 *Pilates*
08.00			
09.00			09.00 – 10.00 *Pilates*
10.00			
11.00			
12.00			12.00 – 12.30 *Faszientraining*
13.00			
14.00		14.00 – 14.20 *Mommy Workout* / 14.30 – 14.50 *Mommy Workout*	
15.00			
16.00		16.00 – 16.55 ENGLISH HYROX	16.00 – 17.00 *Pilates*
17.00		17.00 – 18.00 ENGLISH Hyrox Beginner	18.00 – 19.00 Contemporary Dance
18.00		18.00 – 18.50 *Boxing Beginner*	18.00 – 19.00 Ballett
19.00		19.00 – 19.55 *Boxing*	19.00 – 20.00 *Pilates*
20.00		20.10 – 20.10 HYROX	20.10 – 21.00 *Pilates*

FREITAG

	Functional	Power Zone	Calm Zone
06.00	06.10 – 06.55 HYROX Competition		
07.00		07.00 – 07.55 HYROX	
08.00			
09.00			09.00 – 09.55 *Vinyasa Yoga*
10.00			10.00 – 10.55 *Rücken Fit*
11.00			
12.00		12.00 – 12.55 HYROX	12.00 – 12.55 Pilates
13.00		13.00 – 14.00 Bauch Beine Po	
14.00			
15.00		15.30 – 16.00 TRU KIDS *Virtual Workout*	
16.00		16.00 – 16.50 HYROX	
17.00		17.00 – 18.00 LES MILLS *Bodypump*	16.45 – 17.40 *Pilates* / 17.45 – 18.25 *Vinyasa Yoga*
18.00		18.00 – 19.00 LES MILLS *Dance*	18.30 – 19.30 LES MILLS *Bodybalance*
19.00			
20.00		19.30 – 20.25 HYROX	

SAMSTAG

	Functional	Power Zone	Calm Zone
9.00		09.10 – 10.10 HYROX *Beginner*	09.10 – 10.10 *Pilates*
10.00		10.20 – 11.20 HYROX	10.00 – 11.00 TRU KIDS *Activity*
11.00		11.30 – 12.30 *Functional Workout*	11.10 – 12.25 *Holistic Yoga*
12.00			12.40 – 13.10 *Stretch & Relax*
13.00			13.15 – 14.15 *Pilates*
14.00			
15.00			
16.00			
17.00			17.00 – 18.00 *Release & Relax Yoga*
18.00			18.00 – 19.00 *Hatha Yoga*
19.00			

SONNTAG

	Outdoor	Power Zone	Calm Zone
9.00		09.10 – 10.10 HYROX *Competition*	
10.00		10.15 – 11.10 Dance	
11.00		11.15 – 12.15 *Functional Workout*	11.05 – 12.00 *Pilates*
12.00			12.10 – 13.10 TRU KIDS *Ballett*
13.00			13.15 – 14.15 *Ballett*
14.00			
15.00			
16.00			
17.00			17.35 – 18.50 *Alignment & Strength Yoga*
18.00			
19.00			19.00 – 20.00 *Yin Yoga*

Infos, genaue Zeiten und Anmeldung via TRU Fitness Gym App

Unsere Kids-Classess sind für Kinder im Alter von 3 bis 8 Jahren

KURSPLAN