

	MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG		
	Functional	Group X	Outdoor	Functional	Group X	Outdoor	Functional	Group X	Outdoor	Functional	Group X	Outdoor	Functional	Group X	Outdoor
07.00		7.00 – 8.00 HYROX			6.45 – 7.45 Sunrise Yoga			7.00 – 8.00 HYROX			7.00 – 8.00 HYROX			7.00 – 8.00 HYROX	
08.00											8.00 – 09.00 Flow Yoga				
09.00															
12.00		12.00 – 13.00 HYROX			12.30 – 13.30 HYROX			12.00 – 12.45 Yoga Basic			12.30 – 13.25 HYROX			12.00 – 13.15 Yoga Basic	
13.00								13.00 – 14.00 Pilates							
15.00															
16.00		16.00 – 17.00 TRU KIDS Activity						16.00 – 17.00 HYROX						16.00 – 16.30 HYROX Beginner	
17.00		17.05 – 17.50 LES MILLS Bodypump			17.15 – 18.10 Bodybalance			17.15 – 17.45 HYROX Beginner			17.00 – 18.00 Power Yoga			16.45 – 17.45 HYROX	
18.00		18.00 – 19.00 Pilates			18.30 – 19.30 LES MILLS Shapes			18.00 – 19.00 HYROX			18.00 – 19.00 LES MILLS Bodyattack			18.00 – 19.10 Vinyasa Yoga	
19.00		19.00 – 20.00 Flow Yoga						19.10 – 20.05 LES MILLS Bodypump			19.00 – 20.00 LES MILLS Bodybalance			19.15 – 19.45 Yin Yoga	
20.00		20.15 – 21.15 HYROX			19.40 – 20.40 HYROX			20.15 – 21.15 AMÉ Training			20.15 – 21.15 HYROX			20.00 – 21.30 Strength Development	

	SAMSTAG			SONNTAG		
	Functional	Group X	Outdoor	Functional	Group X	Outdoor
9.00						
10.00		9.30 – 10.30 LES MILLS Bodypump			9.15 – 10.15 Pilates	
11.00		10.40 – 11.35 Pilates			10.15 – 11.15 Yoga	
12.00		11.45 – 12.15 HYROX Beginner			11.30 – 12.30 LES MILLS Bodypump	
13.00		12.30 – 13.30 HYROX			12.45 – 13.45 LES MILLS Shapes	
14.00		13.30 – 15.00 HYROX Competition			14.00 – 15.00 HYROX	
15.00					15.00 – 16.00 TRU KIDS Activity	
16.00		16.00 – 17.15 TAIYO HYROX Performance				
17.00					17.00 – 18.00 HYROX	
18.00		17.30 – 18.45 TAIYO HYROX Performance				
19.00						

# KURSPLAN

Infos, genaue Zeiten und Anmeldung via TRU Fitness Gym App

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