

Donnerstag

Functional Power Zone Calm Zone

Pilates

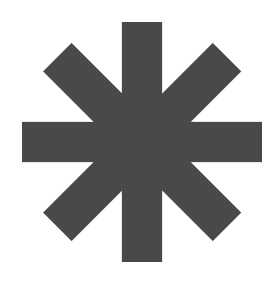
21:00-21:30
Recovery Boots

Ü40

Anmeldung zu den Kursen erfolgt über deine TRU Fitness App



KURSPLAN DÜSSELDORF



	Functional	Power Zone	Calm Zone
6:00			
7:00			
8:00		HYROX 07:00-07:55	Yogilates 07:00-07:55
9:00			
10:00			Vinyasa Yoga 09:00-09:55
11:00	Recovery Boots 10:45-11:15		Rückenfit 10:00-10:55
12:00	Recovery Boots 11:30-12:00		
13:00	Recovery Boots 12:15-12:45	HYROX 12:00-12:55	Pilates 12:00-12:55
14:00	Recovery Boots 13:00-13:30		
15:00			
16:00		Ganzkörper 15:00-15:45	
17:00		HYROX 16:00-17:00	
18:00		LES MILLS Bodypump 17:00-18:00	Classic Pilates 16:45-17:40
19:00		LES MILLS Dance 18:00-19:00	Vinyasa Yoga 17:45-18:25
20:00			LES MILLS Bodybalance 18:30-19:30
21:00		HYROX 19:30-20:25	
	Recovery Boots 21:00-21:30		
	Recovery Boots 21:35-22:05		

	Functional	Power Zone	Calm Zone
6:00			
7:00			
8:00			
9:00			
10:00		HYROX Beginner 09:10-10:10	Pilates 09:10-10:00
11:00		HYROX 10:20-11:20	Kids Class 10:10-11:10
12:00		Functional Workout 11:30-12:30	Holistic Yoga 11:10-12:25
13:00			Stretch & Relax 12:40-13:10
14:00			Pilates Workout 13:15-14:15
15:00			
16:00			
17:00			
18:00			Release & Relax Yoga 17:00-18:00
19:00			Hatha Yoga 18:00-19:00
20:00			
21:00			

	Functional	Power Zone	Calm Zone
6:00			
7:00			
8:00			
9:00			
10:00			
11:00			
12:00			
13:00			
14:00			
15:00			
16:00			
17:00			
18:00			
19:00			
20:00			
21:00			

- Performance
- Balance
- Ü40

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