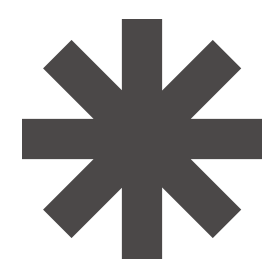


	Montag		Dienstag		Mittwoch		Donnerstag	
	Functional	Power Zone	Functional	Power Zone	Functional	Power Zone	Functional	Power Zone
6:00								
7:00								
8:00		HYROX 7:00-8:00		HYROX 7:00-8:00		HYROX 7:00-8:00		HYROX 7:00-8:00
9:00		Pilates 8:15-9:00		Sunrise Yoga 8:00-9:00				Burning Pilates 8:00-8:50
10:00								Flow Yoga 9:00-9:45
11:00		Ausdauer 10:00-11:00						
12:00								
13:00		HYROX 12:00-13:00		HYROX 12:30-13:15		Yoga Basic 12:00-12:45		HYROX 12:30-13:25
14:00						Pilates 13:00-14:00		
15:00								
16:00						Balance & Flexibilität 15:30-16:30		
17:00		TRU KIDS Activity 16:15-17:00		Ashtanga Yoga 16:00-16:50		HYROX Beginner 17:00-17:30		Boxing Beginner 16:00-16:50
18:00		LES MILLS Bodypump 17:05-17:55		HYROX 17:00-17:50		HYROX Beginner 17:30-18:00		Boxing 17:00-17:50
19:00		Pilates 18:00-19:00		LES MILLS Bodybalance 18:00-18:50		HYROX 18:10-19:00		LES MILLS Bodyattack 18:00-18:55
20:00		Flow Yoga 19:05-20:05		LES MILLS Bodyattack 19:00-19:55		LES MILLS Bodypump 19:10-20:10		LES MILLS Bodybalance 19:00-20:00
21:00		HYROX 20:15-21:15		LES MILLS Shapes 20:00-20:50	Calisthenics Beginner 20:20-21:20	MOB X TRU HYROX 20:30-21:30		HYROX 20:15-21:15

- Performance
- Balance
- Ü40

Anmeldung zu den Kursen erfolgt über deine [TRU Fitness App](#)





	Freitag		Samstag		Sonntag	
	Functional	Power Zone	Functional	Power Zone	Functional	Power Zone
6:00						
7:00						
8:00		HYROX 7:00-8:00				
9:00		Pilates 8:15-9:05				
10:00			LES MILLS Bodypump 9:15-10:15		Pilates 9:15-10:15	
11:00		Kraft 10:00-11:00	Pilates 10:20-11:00		Yoga 9:15-10:15	
12:00			Pilates 11:00-11:45		Yoga Posture Clinic 11:15-12:00	
13:00		Yoga Basic 12:00-13:15	HYROX Beginner 11:55-12:25		LES MILLS Bodypump 12:00-12:50	
14:00		HYROX 13:30-14:30	Core 7:00-8:00		LES MILLS Shapes 13:00-13:50	
15:00			HYROX 13:00-13:50		HYROX 14:00-15:00	
16:00		Ashtanga Yoga 15:00-15:50	MOB X TRU HYROX 14:10-15:10		TRU KIDS Activity 15:00-16:00	
17:00		HYROX Beginner 16:00-16:30	MOB X TRU HYROX 15:15-16:15			
18:00		HYROX 16:45-17:45		TAIYO X TRU HYROX 17:00-18:15	HYROX 17:00-18:00	
19:00		Vinyasa Yoga 18:00-18:55				
20:00		Yin Yoga 19:00-19:55				
21:00	MOB X TRU HYROX Technique 20:00-21:30					

- Performance
- Balance
- Ü40

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