

KURSPLAN

	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG	
	Functional	Group X	Functional	Group X	Functional	Group X	Functional	Group X	Functional	Group X
6.45				6.45 – 7.45 Yogalates				6.45 – 7.45 Yogalates		
8.00										
9.00			9.00 – 9.30 TRU Mobility				9.00 – 9.30 TRU Rücken-Fit			
10.00 - 15.00	Lunch Break									
16.00										
17.00		17.00 – 18.00 LES MILLS Bodybalance		17.30 – 18.30 TRU Boxing		17.00 – 18.00 TRU Salsation		16.30 – 17.30 TRU Kids Class		
18.00		18.05 – 19.05 LES MILLS Bodypump		18.30 – 19.30 LES MILLS Bodyattack		18.00 – 19.00 HYROX		18.30 – 19.30 LES MILLS Bodyattack		18.00 – 19.00 Vinyasa Yoga
19.00		19.15 – 20.25 Hatha Yoga		19.45 – 20.45 LES MILLS Bodybalance		19.15 – 20.15 LES MILLS Bodybalance		19.45 – 20.45 LES MILLS Bodypump		19.05 – 19.35 Yin Yoga
20.00										19.45 – 20.45 Krav Maga
21.00		20.40 – 21.40 TRU HIIT				20.30 – 21.30 TRU Kickboxing				20.45 – 21.15 ADVANCED Krav Maga
22.00										

	SAMSTAG		SONNTAG	
	Functional	Group X	Functional	Group X
9.00				
10.00		10.00 – 11.00 Power Pilates		
11.00		11.00 – 12.00 Yoga		11.00 – 12.00 Yoga
12.00				
13.00		12.30 – 13.30 HYROX		12.30 – 13.30 ZUMBA
14.00				14.00 – 15.00 TRU Kids Class
15.00				15.00 – 16.00 TRU Kids Class
16.00 - 17.00	Lunch Break			
18.00				18.00 – 18.30 LES MILLS Bodyattack
19.00				18.40 – 19.10 Bodypump 19.10 – 19.25 TRU Strong Core

- 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.