

KURSPLAN

	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG	
	Power Zone	Calm Zone	Power Zone	Calm Zone	Power Zone	Calm Zone	Power Zone	Calm Zone	Power Zone	Calm Zone
07.00	7.00 – 8.00 HYROX	7.00 – 8.00 Pilates	7.00 – 8.00 LES MILLS Bodyattack	7.00 – 8.00 Yoga Vinyasa	7.00 – 8.00 HYROX	7.00 – 8.00 Yogalates	7.00 – 8.00 LES MILLS Bodypump	7.00 – 8.00 Yoga Hatha	7.00 – 8.00 HYROX	7.00 – 8.00 Rückenfit
08.00 - 10.00										
11.00										
12.00	12.00 – 12.30 TRU HRX Express	12.00 – 12.30 TRU Mobility	12.00 – 12.30 TRU HRX Express	12.00 – 12.30 TRU Mobility	12.00 – 12.30 TRU HRX Express	12.00 – 12.30 TRU Mobility	12.00 – 12.30 TRU HRX Express	12.00 – 12.30 TRU Mobility	12.00 – 12.30 TRU HRX Express	12.00 – 12.30 TRU Mobility
		12.30 – 13.00 TRU Strong Core		12.30 – 13.00 TRU Strong Core		12.30 – 13.00 TRU Strong Core		12.30 – 13.00 TRU Strong Core		12.30 – 13.00 TRU Strong Core
13.00	13.00 – 13.30 TRU HRX Express		13.00 – 13.30 TRU HRX Express		13.00 – 13.30 TRU HRX Express		13.00 – 13.30 TRU HRX Express		13.00 – 13.30 TRU HRX Express	
14.00 - 16.00										
17.00	17.00 – 18.00 TRU Kids Akrobatic			17.00 – 18.00 TRU Kids Ballet	17.00 – 18.00 TRU Kids Defence		17.00 – 18.00 HYROX	17.00 – 18.00 TRU Kids Ballet		17.00 – 18.00 Pilates
18.00	18.00 – 19.00 HYROX	18.00 – 19.00 Power Yoga	18.00 – 19.00 TRU Kickboxing		18.00 – 19.00 HYROX	18.00 – 19.00 Modern Dance		18.00 – 19.00 LES MILLS Bodybalance	18.00 – 19.00 LES MILLS Bodypump	
19.00	19.00 – 20.00 LES MILLS Bodypump	19.00 – 20.00 Yoga Hatha	19.00 – 20.00 HYROX	19.00 – 20.00 Zumba	19.00 – 20.00 LES MILLS Bodyattack	19.00 – 20.00 Rückenfit	19.00 – 20.00 TRU Boxing	19.00 – 20.00 Yogalates		19.00 – 20.00 Poweryoga
20.00				20.00 – 21.00 LES MILLS Bodybalance					20.00 – 21.00 HYROX	
21.00										

	SAMSTAG		SONNTAG	
	Power Zone	Calm Zone	Power Zone	Calm Zone
9.00				
10.00		10.00 – 11.00 ZUMBA	10.00 – 11.00 HYROX	
11.00	11.00 – 12.00 LES MILLS Bodyattack	11.00 – 12.00 Modern Dance	11.00 – 12.00 LES MILLS Bodypump	11.00 – 12.00 Modern Dance
12.00	12.00 – 12.30 TRU Boxing		12.00 – 12.30 TRU Kickboxing	12.00 – 13.00 ZUMBA
	12.30 – 13.00 TRU HYROX			
13.00				13.00 – 14.00 TRU Kids Ballet
14.00		14.00 – 15.00 TRU Kids Ballet		
15.00	15.00 – 16.00 TRU Kids Defence		15.00 – 16.00 TRU Kids Akrobatic	
16.00		16.00 – 17.00 LES MILLS Bodybalance		
17.00	17.00 – 18.00 HYROX	17.00 – 18.00 Pilates		17.00 – 18.00 Yoga Hatha
18.00			18.00 – 19.00 HYROX	18.00 – 19.00 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.