

KURSPPLAN

	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 Rückenfit			
10.00 - 15.00	[Hatched Area]									
16.00								16.15 – 17.15 TRU Kids Class		
17.00		17.00 – 18.00 LES MILLS Bodybalance				17.00 – 18.00 TRU Salsation				
18.00		18.05 – 19.05 LES MILLS Bodypump		17.30 – 18.30 TRU Boxing		18.00 – 19.00 HYROX		17.30 – 18.30 HYROX		18.00 – 19.00 Vinyasa Yoga
19.00				18.35 – 19.35 LES MILLS Bodyattack				18.45 – 19.45 LES MILLS Bodyattack		19.05 – 19.35 Yin Yoga
20.00		19.15 – 20.25 Hatha Yoga				19.15 – 20.15 LES MILLS Bodybalance				
21.00		20.40 – 21.40 TRU HIIT		19.45 – 20.45 LES MILLS Bodybalance		20.30 – 21.30 TRU Kickboxing		19.50 – 20.50 LES MILLS Bodypump		19.45 – 20.45 Krav Maga
22.00										20.45 – 21.15 ADVANCED Krav Maga

	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				12.15 – 13.15 Zumba
13.00		12.30 – 13.30 HYROX		
14.00				
15.00				15.00 – 16.00 TRU Kids Class
16.00 - 17.00	[Hatched Area]			
18.00				18.00 – 18.30 LES MILLS Bodyattack
19.00				18.40 – 19.10 LES MILLS 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.