

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 | | | | | | | | | | |
| 11.00 | | | | | | | | | | |
| 12.00 | | 12.00 – 13.00 HYROX | | | | | | | | |
| 13.00 | | | | | | | | | | |
| 15.00 | | | | | | | | | | |
| 16.00 | | | | | | | | | | |
| 17.00 | | 17.00 – 18.00 LES MILLS Bodybalance | | 17.30 – 18.40 Yoga | | | 17.30 – 18.30 HYROX | | | |
| 18.00 | | 18.05 – 19.05 LES MILLS Bodypump | | | | 18.00 – 19.00 HYROX | | | 18.00 – 19.10 Vinyasa Yoga | |
| 19.00 | | 19.15 – 20.25 Hatha Yoga | | 18.45 – 19.45 HYROX | | 19.15 – 20.15 LES MILLS Bodybalance | | 18.45 – 19.45 LES MILLS Bodypump | 19.15 – 19.40 Faszien Yoga | |
| 20.00 | | | | 19.50 – 20.50 LES MILLS Bodyattack | | | | | 19.45 – 20.45 HYROX | |

| | SAMSTAG | | SONNTAG | |
|-------|------------|------------------------|------------|--|
| | Functional | Group X | Functional | Group X |
| 9.00 | | | | 09.15 – 10.15 Pilates |
| 10.00 | | | | 10.15 – 11.15 Yoga |
| 11.00 | | | | |
| 12.00 | | | | |
| 13.00 | | 12.30 – 13.30 HYROX | | |
| 14.00 | | | | |
| 15.00 | | | | 15.00 – 16.00 TRU Kids Class |
| 16.00 | | | | |
| 17.00 | | | | |
| 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.