

	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						
8.00										
9.00			9.00 – 9.30 TRU Mobility				9.00 – 9.30 TRU Rückenfit			
	[Hatched Area]									
12.00		12.00 – 13.00 HYROX						12.00 – 13.00 HYROX		12.00 – 13.15 Yoga Basic
	[Hatched Area]									
15.00										15.00 – 15.45 LES MILLS Bodypump
16.00		16.00 – 16.45 TRU Kids Class						16.00 – 17.00 Yogalates		
17.00		17.00 – 18.00 LES MILLS Shapes				17.15 – 17.45 HYROX Beginner				16.45 – 17.45 HYROX
18.00		18.00 – 19.00 Pilates		17.30 – 18.40 Yoga		18.00 – 19.00 HYROX		17.30 – 18.30 HYROX		18.00 – 19.10 Vinyasa Yoga
19.00		18.45 – 19.45 LES MILLS Bodyattack		18.45 – 19.45 LES MILLS Bodyattack		19.10 – 20.10 LES MILLS Bodypump		18.40 – 19.25 LES MILLS Bodyattack		19.15 – 19.45 Yin Yoga
		19.15 – 20.15 Hatha Yoga						19.30 – 20.15 LES MILLS Bodypump		
20.00				19.50 – 20.50 HYROX						

	SAMSTAG		SONNTAG	
	Functional	Group X	Functional	Group X
9.00				09.15 – 10.15 Pilates
10.00		9.30 – 10.15 LES MILLS Bodypump		10.15 – 11.15 Yoga
		10.20 – 11.05 LES MILLS Shapes		
11.00				
		11.45 – 12.15 HYROX Beginner		11.30 – 12.30 LES MILLS Bodypump
12.00				
13.00		12.30 – 13.30 HYROX		
14.00				
15.00				15.00 – 16.00 TRU Kids Class
16.00	[Hatched Area]			
17.00	[Hatched Area]			
18.00				18.00 – 18.45 LES MILLS Bodyattack
19.00				18.55 – 19.40 LES MILLS Bodypump

KURSPLAN

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.