

	MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG		
	Functional	Power Zone	Calm Zone	Functional	Power Zone	Calm Zone	Functional	Power Zone	Calm Zone	Functional	Power Zone	Calm Zone	Functional	Power Zone	Calm Zone
07.00		07.00 – 08.00 Power Circuit			7.30 – 8.00 HYROX	7.00 – 8.00 Yoga Vinyasa		07.00 – 08.00 BOXING			07.00 – 08.00 HYROX			07.15 – 07.45 HYROX	
08.00		08.00 – 08.30 HYROX						08.00 – 09.00 LES MILLS Bodypump							
09.00					9.00 – 10.00 Yin Yoga						09.00 – 10.00 Pilates			09.00 – 10.00 Kickboxing	09.00 – 10.00 Vinyasa Yoga
10.00		09.30 – 10.30 LES MILLS Bodypump												10.00 – 11.00 Rücken Fit	
12.00					12.00 – 12.30 HYROX			12.00 – 12.30 HYROX							
15.00								15.00 – 16.00 TRU Kids Dance							
16.00		16.00 – 17.00 TRU Kids Gymnastics			16.00 – 17.00 TRU Kids Self Defense									16.00 – 17.00 TRU Kids Gymnastics	
17.00		17.00 – 18.00 LES MILLS Bodypump	17.00 – 18.00 Pilates		17.00 – 18.00 ZUMBA	17.00 – 18.00 Vinyasa Yoga		17.00 – 18.00 HYROX	17.00 – 18.00 Hatha Yoga		17.00 – 18.00 Rücken Fit	17.00 – 18.00 TRU Kids Yoga		17.00 – 18.00 LES MILLS Bodypump	17.00 – 18.00 Ashtanga Yoga
18.00		18.00 – 19.00 LES MILLS Bodycombat	18.00 – 19.00 Vinyasa & Hatha Yoga		18.00 – 19.00 HYROX	18.00 – 19.00 Yin Yoga		18.00 – 19.00 LES MILLS Bodypump	18.00 – 19.00 Rücken Fit		18.00 – 19.00 Functional Workout	18.00 – 19.00 Vinyasa Yoga		18.15 – 19.15 Boxing	18.00 – 18.30 Yin Yoga
19.00		19.00 – 20.00 Dance			19.00 – 20.00 BOXING	19.00 – 20.00 LES MILLS Bodybalance		19.00 – 20.00 LES MILLS Bodycombat	19.00 – 20.00 Jazz Dance		19.00 – 20.00 LES MILLS Bodycombat	19.00 – 20.00 Yin Yoga			18.30 – 19.30 LES MILLS Bodybalance
20.00		20.00 – 21.00 BOXING	20.00 – 21.00 LES MILLS Bodybalance		20.00 – 21.00 LES MILLS Bodypump			20.00 – 21.00 ZUMBA	20.00 – 21.00 LES MILLS Bodybalance		20.00 – 21.00 HYROX Beginner	20.00 – 21.00 Pilates			

	SAMSTAG			SONNTAG		
	Functional	Power Zone	Calm Zone	Functional	Power Zone	Calm Zone
9.00						
10.00		10.00 – 11.00 HYROX	10.00 – 11.00 TRU Kids Dance		10.00 – 11.00 HYROX	10.00 – 11.15 Yoga
11.00		11.00 – 12.00 ZUMBA			11.00 – 12.00 Functional Workout	
12.00		12.00 – 13.00 BOXING				
13.00						
14.00						
15.00					15.15 – 16.15 TRU Kids Class	
16.00		16.00 – 16.30 HYROX			16.30 – 17.00 HYROX	
17.00						
18.00						17.45 – 19.00 Vinyasa Yoga
19.00						19.00 – 20.00 Yin Yoga

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.