

	MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG		
	Outdoor	Power Zone	Calm Zone	Outdoor	Power Zone	Calm Zone	Outdoor	Power Zone	Calm Zone	Outdoor	Power Zone	Calm Zone	Outdoor	Power Zone	Calm Zone
07.00		07.00 – 08.00 Power Circuit			7.00 – 8.00 HYROX	7.00 – 8.00 Yoga Vinyasa		07.00 – 08.00 Boxing	07.00 – 08.00 Power Yoga		07.00 – 08.00 HYROX Competition			07.00 – 08.00 Kickboxing	
08.00		08.30 – 09.00 LES MILLS Bodypump													
09.00			09.10 – 09.40 LES MILLS Bodybalance		9.00 – 10.00 Yin Yoga		09.00 – 10.00 LES MILLS Bodypump			09.00 – 10.00 Pilates				09.00 – 10.00 Vinyasa Yoga	
10.00														10.00 – 11.00 Rücken Fit	
11.00			11.00 – 12.00 Pilates												
12.00															
13.00															
14.00															
15.00															
16.00		16.00 – 17.00 TRU Kids Gymnastics		16.00 – 17.00 TRU Kids Self Defense			15.45 – 16.45 TRU Kids Dance						16.00 – 17.00 TRU Kids Self Defence		
17.00		17.00 – 18.00 LES MILLS Bodypump	17.00 – 18.00 Pilates	17.15 – 17.45 HYROX Beginner	17.00 – 18.00 Barre		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	16.45 – 17.40 Yin&Yang Yoga	
18.00		18.00 – 18.45 LES MILLS Bodycombat	18.00 – 19.00 Vinyasa & Hatha Yoga	18.00 – 19.00 HYROX	18.00 – 19.00 Yin Yoga		18.10 – 19.10 LES MILLS Bodypump	18.00 – 19.00 Rücken Fit		18.10 – 19.10 HYROX			18.15 – 19.15 Boxing	17.45 – 18.25 Autogenes Training	
19.00		19.00 – 20.00 HYROX		19.10 – 20.10 BOXING	19.00 – 20.00 LES MILLS Bodybalance		19.10 – 20.10 LES MILLS Bodycombat	19.00 – 20.00 Barre		19.10 – 20.10 HYROX	19.10 – 20.10 Pilates			18.30 – 19.30 LES MILLS Bodybalance	
20.00		20.10 – 21.10 BOXING	20.10 – 21.10 LES MILLS Bodybalance		20.00 – 21.00 Balett			20.00 – 21.00 Pilates					19.30 – 20.30 HYROX		
											20.20 – 21.20 Kickboxing				

	SAMSTAG			SONNTAG		
	Outdoor	Power Zone	Calm Zone	Outdoor	Power Zone	Calm Zone
9.00		09.15 – 09.45 HYROX Beginner		09.00 – 10.00 Running Club		
10.00		10.00 – 11.00 HYROX	10.00 – 11.00 TRU Kids Dance	10.15 – 11.15 Sunday Sweat	10.00 – 11.00 HYROX Competition	
11.00		11.00 – 12.00 Dance			11.00 – 12.00 Functional Workout	
12.00						
13.00						
14.00						
15.00					15.15 – 16.15 TRU Kids Class	
16.00						
17.00						
18.00						17.45 – 19.00 Alignment & Strength 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.