

	MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG		
	Functional	Group X	Outdoor	Functional	Group X	Outdoor	Functional	Group X	Outdoor	Functional	Group X	Outdoor	Functional	Group X	Outdoor
07.00		7.00 – 8.00 HYROX Competition			6.45 – 7.45 Yogalates						7.00 – 8.00 HYROX				
08.00															
09.00				9.00 – 9.30 TRU Mobility						9.00 – 9.30 TRU Rückenfit					
12.00		12.00 – 13.00 HYROX													
13.00							13.00 – 14.00 Pilates			12.30 – 13.30 HYROX				12.00 – 13.15 Yoga Basic	
15.00															
16.00		16.00 – 16.45 TRU Kids Class			16.00 – 17.00 Yogalates					16.00 – 17.00 Yogalates			16.00 – 16.30 HYROX Beginner		
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	18.00 – 19.00 Yoga Outdoor		17.30 – 18.30 HYROX			18.00 – 19.10 Vinyasa Yoga		
19.00		19.15 – 20.15 Hatha Yoga			18.45 – 19.45 LES MILLS Bodyattack		19.10 – 20.10 LES MILLS Bodypump			18.40 – 19.40 LES MILLS Bodyattack			19.15 – 19.45 Yin Yoga		
20.00					19.50 – 20.50 HYROX					19.45 – 20.45 Pilates			20.00 – 21.00 HYROX Competition		

	SAMSTAG			SONNTAG		
	Functional	Group X	Outdoor	Functional	Group X	Outdoor
9.00						
10.00		9.30 – 10.30 LES MILLS Bodypump				9.15 – 10.15 Pilates
11.00		10.40 – 11.10 LES MILLS Core	10.00 – 11.00 Yoga Outdoor			10.15 – 11.15 Yoga
12.00		11.45 – 12.15 HYROX Beginner				11.30 – 12.30 LES MILLS Bodypump
13.00		12.45 – 13.45 HYROX Competition				
15.00						15.00 – 16.00 TRU Kids Class
16.00						
17.00						
18.00						
19.00						

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.