

	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
06.00								06.00 – 07.00 HYROX					06.00 – 07.00 HYROX Competition		
07.00		07.00 – 08.00 HYROX			7.00 – 8.00 HYROX	7.00 – 8.00 Alignment & Strength Yoga	07.00 – 08.00 HYROX Competition	07.00 – 08.00 Boxing					07.00 – 08.00 HYROX Competition		07.00 – 08.00 HYROX Bodybalance
08.00			08.15 – 08.45 Breathwork					08.00 – 09.00 LES MILLS Bodypump							
09.00			09.00 – 10.00 Daybreak Yoga			9.00 – 10.15 Yin Yoga				09.00 – 10.00 Classic Pilates			09.00 – 10.00 Classic Pilates	09.15 – 10.00 Athletic Training	09.00 – 10.00 Vinyasa Yoga
10.00															10.00 – 11.00 Rücken Fit
11.00			11.00 – 12.00 Pilates			11.15 – 12.10 Classic Pilates									
12.00			12.00 – 13.00 Barre				12.00 – 12.45 HYROX				12.00 – 12.30 Faszientraining			12.00 – 13.00 HYROX	
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16.00		16.00 – 17.00 TRU KIDS Activity					15.45 – 16.45 TRU KIDS Dance						16.00 – 17.00 ENGLISH HYROX	16.00 – 17.00 Sculpt Pilates	
17.00		17.00 – 17.55 LES MILLS Bodypump	17.00 – 18.00 Pilates		17.00 – 18.00 HYROX Beginner	17.00 – 18.00 Barre	17.00 – 18.00 HYROX	17.15 – 17.45 Deep Mobility		17.00 – 18.00 Strength & Core	17.00 – 18.00 ENGLISH Barre		17.00 – 18.00 LES MILLS Bodypump	16.45 – 17.40 Pilates	
18.00		18.00 – 19.00 LES MILLS Bodycombat	18.00 – 19.00 Vinyasa & Hatha Yoga		18.00 – 19.00 HIIT Boxing	18.00 – 19.00 Yin Yoga	18.00 – 19.00 LES MILLS Bodycombat	18.00 – 19.00 Yogilates			18.00 – 19.00 Ballett			17.45 – 18.25 Powerful Vinyasa Yoga	
19.00		19.00 – 20.00 HYROX				19.00 – 20.00 LES MILLS Bodybalance	19.00 – 20.00 LES MILLS Bodypump	19.00 – 20.00 LES MILLS Barre		19.00 – 20.00 Boxing	19.00 – 20.00 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 Ballett		20.10 – 21.10 Pilates		20.10 – 20.10 HYROX	20.10 – 21.00 Pilates		19.30 – 20.30 HYROX		

	SAMSTAG			SONNTAG		
	Functional	Power Zone	Calm Zone	Outdoor	Power Zone	Calm Zone
9.00		09.00 – 10.00 HYROX Beginner			09.00 – 10.00 HYROX Competition	
10.00		10.00 – 11.00 HYROX	10.00 – 11.00 TRU KIDS Activity		10.15 – 11.15 Dance	10.00 – 11.00 Dynamic Mobility
11.00			11.00 – 12.15 Holistic Yoga		11.15 – 12.15 Functional Workout	
12.00		11.15 – 12.15 Functional Workout			12.20 – 13.10 Backpain Prevention	
13.00			12.40 – 13.10 Stretch & Relax			
14.00						
15.00						
16.00						
17.00			17.00 – 18.30 Release & Relax Yoga			
18.00			18.30 – 19.00 Breathwork			17.35 – 18.50 Alignment & Strength Yoga
19.00						19.00 – 20.00 Yin Yoga

KURSPLAN

 Infos, genaue Zeiten und Anmeldung via TRU Fitness Gym App

 Unsere Kids-Classess sind für Kinder im Alter von 3 bis 8 Jahren