

Mon

06:30 - 07:20
FUNCTIONAL HIIT
Functional Area
TrainerIn Theresa / Max

12:00 - 12:30
PILATES meets YOGA
Group Fitness Area
Trainerin Anja

12:30 - 13:15
PILATES meets YOGA
Group Fitness Area
Trainerin Anja

16:30 - 17:20
RÜCKEN FIT
Group Fitness Area
Trainerin Theresa

17:00 - 18:00
HYROX Strength & Engine
Functional Area
Trainerin Katrin

Tue

07:00 - 07:50
FUNCTIONAL FIT
Functional Area
Trainer Chris

12:00 - 12:20
RELAX - Neck & Shoulder
Group Fitness Area
Trainer Max / Chris

12:30 - 13:00
RELAX - Stretch & Mobility
Group Fitness Area
Trainer Max / Chris

17:00 - 17:50
YOGA meets HIIT
Group Fitness Area
Trainerin Anna

18:00 - 19:00
HYROX Strength & Engine
Functional Area
Trainerin Katrin

Wed

07:00 - 07:50
RÜCKEN FIT
Group Fitness Area
Trainer Chris

12:00 - 12:30
PILATES meets YOGA
Group Fitness Area
Trainerin Anja

12:30 - 13:15
PILATES meets YOGA
Group Fitness Area
Trainerin Anja

17:20 - 17:40
RELAX - Stretch & Mobility
Group Fitness Area
Trainer Max

Thu

07:00 - 08:00
YOGA FLOW
Group Fitness Area
Trainerin Anna

12:00 - 12:20
RELAX - Neck & Shoulder
Group Fitness Area
Trainer Max / Chris

12:30 - 13:00
RELAX - Stretch & Mobility
Group Fitness Area
Trainer Max / Chris

17:45 - 18:45
BOX HIIT
Group Fitness Area
Trainer Flo

Fri

07:00 - 07:50
FUNCTIONAL HIIT
Functional Area
Trainer Max

12:00 - 13:00
HYROX Strength & Engine
Functional Area
Trainerin Katrin