

Mon

Tue

Wed

Thu

Fri

07:00 - 07:50
FUNCTIONAL Power
Functional Area
TrainerIn Max

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

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

07:00 - 08:00
PILATES FLOW
Group Fitness Area
Trainerin Tamara

12:00 - 12:30
PILATES FLOW
Group Fitness Area
Trainerin Tamara

12:30 - 13:15
PILATES FLOW
Group Fitness Area
Trainerin Tamara

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

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

17:00 - 18:00
HATHA YOGA
Group Fitness Area
Trainerin Anna

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

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

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

17:30 - 18:30
BOX HIIT
Group Fitness Area
Trainer Flo

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