

KURSPLAN DÜSSELDORF



Montag

Functional Power Zone Calm Zone

6:00			
7:00			
8:00	Recovery Boots 07:15-07:45	HYROX 07:00-07:55	
9:00			Pilates 08:00-08:55
10:00	Recovery Boots 09:00-09:30 Recovery Boots 09:35-10:05		
11:00		Stretch & Mobility 10:30-10:55	
12:00	Recovery Boots 11:00-11:30 Recovery Boots 11:35-12:05		Pilates 11:00-12:55
13:00		HYROX 12:00-12:45	Barre 12:00-13:00
14:00	Recovery Boots 13:00-13:30 Recovery Boots 13:35-14:05		
15:00			
16:00	Recovery Boots 15:00-15:30 Recovery Boots 15:35-16:05		
17:00			
18:00	Recovery Boots 17:00-17:30 Recovery Boots 17:35-18:05	LES MILLS Bodypump 17:00-17:55	Pilates 17:00-17:55
19:00		HYROX 18:00-18:55	Vinyasa & Hatha Yoga 18:00-18:55
20:00	Recovery Boots 19:00-19:30 Recovery Boots 19:35-20:05	HYROX 19:00-19:55	Pilates 19:00-19:55
21:00		Boxing 20:10-21:05	LES MILLS Bodybalance 20:00-21:00
	Recovery Boots 21:00-21:30 Recovery Boots 21:35-22:05		

Dienstag

Functional Power Zone Calm Zone

6:00			
7:00			
8:00		HYROX 07:00-08:00	Alignment & Strength Yoga 07:00-08:00
9:00	Recovery Boots 08:25-08:55 Recovery Boots 09:00-09:30 Recovery Boots 09:35-10:05		
10:00			Yin Yoga 09:00-10:15
11:00			
12:00	Recovery Boots 11:00-11:30 Recovery Boots 11:30-12:00		Classic Pilates 11:15-12:10
13:00			Handstand Class 12:15-13:00
14:00	Recovery Boots 13:00-13:30 Recovery Boots 13:35-14:05		
15:00			
16:00	Recovery Boots 15:00-15:30 Recovery Boots 15:35-16:05		
17:00			
18:00	Recovery Boots 17:00-17:30 Recovery Boots 17:35-18:05	HYROX Beginner 17:00-18:00	Barre 17:00-17:55
19:00		Boxing Beginner 18:00-18:50	Sound Meditation 18:00-18:55
20:00	Recovery Boots 19:00-19:30 Recovery Boots 19:35-20:05	LES MILLS Bodypump 19:00-19:55	Ballett 19:00-20:00
21:00		HYROX 20:05-21:05	LES MILLS Bodybalance 20:00-20:55
	Recovery Boots 21:00-21:30 Recovery Boots 21:35-22:05		

Mittwoch

Functional Power Zone Calm Zone

6:00			
7:00		HYROX 06:10-06:55	
8:00	HYROX Competition 07:00-08:00		Pilates 07:00-08:00
9:00	Recovery Boots 08:25-08:55 Recovery Boots 09:00-09:30 Recovery Boots 09:35-10:05	LES MILLS Bodypump 08:05-09:00	
10:00			
11:00	Recovery Boots 11:00-11:30 Recovery Boots 11:35-12:05	Rückenfit 11:00-11:55	
12:00		HYROX 12:05-13:00	Pilates 12:00-13:00
13:00	Recovery Boots 13:00-13:30 Recovery Boots 13:35-14:05		
14:00			
15:00	Recovery Boots 15:00-15:30 Recovery Boots 15:35-16:05		
16:00			
17:00	Recovery Boots 17:00-17:30 Recovery Boots 17:35-18:05	HYROX 17:00-17:55	Pilates 17:00-17:55
18:00		LES MILLS Dance 18:00-19:00	Power Pilates 18:00-18:55
19:00	Recovery Boots 19:00-19:30 Recovery Boots 19:35-20:05	LES MILLS Bodypump 19:00-20:00	Barre 19:05-20:05
20:00		Functional Workout 20:15-21:15	Pilates 20:10-21:10
21:00	Recovery Boots 21:00-21:30 Recovery Boots 21:35-22:05		

Donnerstag

Functional Power Zone Calm Zone

6:00			
7:00			
8:00		HYROX Competition 07:00-08:00	Pilates 07:00-07:55
9:00	Recovery Boots 08:25-08:55 Recovery Boots 09:00-09:30 Recovery Boots 09:35-10:05		Classic Pilates 09:00-09:55
10:00			
11:00	Recovery Boots 11:00-11:30 Recovery Boots 11:35-12:05		
12:00			Faszien Training 12:00-12:30
13:00	Recovery Boots 13:00-13:30 Recovery Boots 13:35-14:05		
14:00			
15:00	Recovery Boots 15:00-15:30 Recovery Boots 15:35-16:05		
16:00		HYROX English 16:00-16:55	Sculpt Pilates 16:00-17:00
17:00	Recovery Boots 17:00-17:30 Recovery Boots 17:35-18:05	HYROX Beginner English 17:00-18:00	TRU KIDS 17:00-17:55
18:00		Boxing Beginner 18:00-18:50	Ballett 18:00-19:00
19:00	Recovery Boots 19:00-19:30 Recovery Boots 19:35-20:05	Boxing 19:00-19:55	Pilates 19:00-20:00
20:00		HYROX 20:10-21:05	Pilates 20:10-21:10
21:00	Recovery Boots 21:00-21:30 Recovery Boots 21:35-22:05		

- Performance
- Balance
- Ü40

Anmeldung zu den Kursen erfolgt über deine [TRU Fitness App](#)



KURSPLAN DÜSSELDORF



Freitag

Functional Power Zone Calm Zone

6:00			
7:00			
8:00	Recovery Boots 07:15-07:45	HYROX 07:00-07:55	Pilates 07:00-07:55
9:00			
10:00	Recovery Boots 09:00-09:30 Recovery Boots 09:35-10:05		
11:00			Rückenfit 10:00-10:55
12:00	Recovery Boots 11:00-11:30 Recovery Boots 11:35-12:05		
13:00		HYROX 12:00-12:55	Pilates 12:00-12:55
14:00	Recovery Boots 13:00-13:30 Recovery Boots 13:35-14:05		
15:00			
16:00	Recovery Boots 15:00-15:30 Recovery Boots 15:35-16:05		
17:00		HYROX 16:00-17:00	Classic Pilates 16:30-17:25
18:00	Recovery Boots 17:00-17:30 Recovery Boots 17:35-18:05	LES MILLS Bodypump 17:00-17:55	Pilates 17:30-18:25
19:00			
20:00	Recovery Boots 19:00-19:30 Recovery Boots 19:35-20:05	HYROX 19:30-20:25	Handstand Class 19:45-20:45
21:00	Recovery Boots 21:00-21:30 Recovery Boots 21:35-22:05		

Samstag

Functional Power Zone Calm Zone

		HYROX Competition 08:10-09:10	Pilates Workout 08:10-09:05
		HYROX Beginner 09:20-10:20	Pilates 09:10-10:00
	Running Club 10:00-11:00	HYROX 10:20-11:20	Kids Class 10:10-11:10
		Functional Workout 11:30-12:30	Holistic Yoga 11:10-12:25
	Recovery Boots 13:25-13:55		Pilates Workout 13:15-14:15
	Recovery Boots 14:00-14:30		
	Recovery Boots 14:35-15:05		
	Recovery Boots 15:15-15:45		
	Recovery Boots 15:55-16:25		
	Recovery Boots 16:30-17:00		

Sonntag

Functional Power Zone Calm Zone

		HYROX 08:10-09:10	Power Pilates 08:10-09:05
		HYROX Competition 09:10-10:10	Pilates 09:10-10:05
		Zumba 10:15-11:10	Pilates 10:10-11:05
		Functional Workout 11:30-12:30	Ballett Advanced 11:10-12:05
			TRU KIDS 12:10-13:10
		Full Body Strength 13:00-14:00	
	Recovery Boots 13:25-13:55		
	Recovery Boots 14:00-14:30		
	Recovery Boots 14:35-15:05		
	Recovery Boots 15:15-15:45		
	Recovery Boots 15:55-16:25		
	Recovery Boots 16:30-17:00		
			Alignment & Strength Yoga 17:35-18:50
			Yin Yoga 19:00-20:00

- Performance
- Balance
- Ü40

Anmeldung zu den Kursen erfolgt über deine [TRU Fitness App](#)

