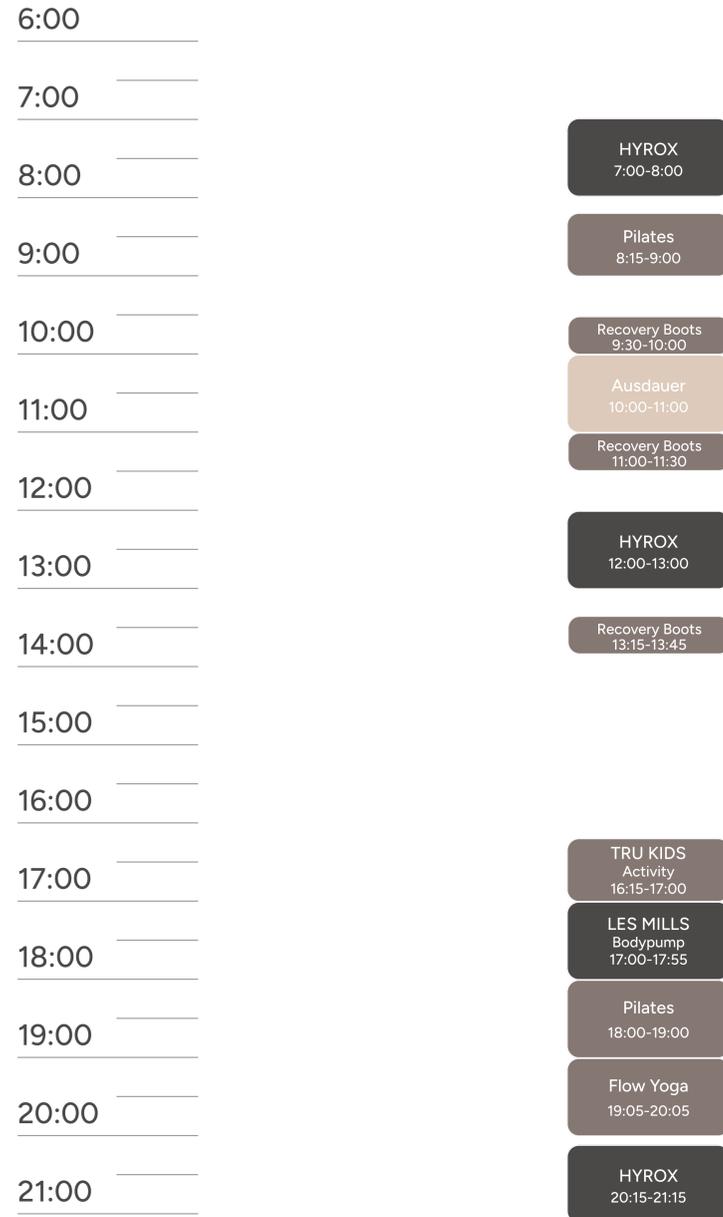




## Montag

Functional Power Zone



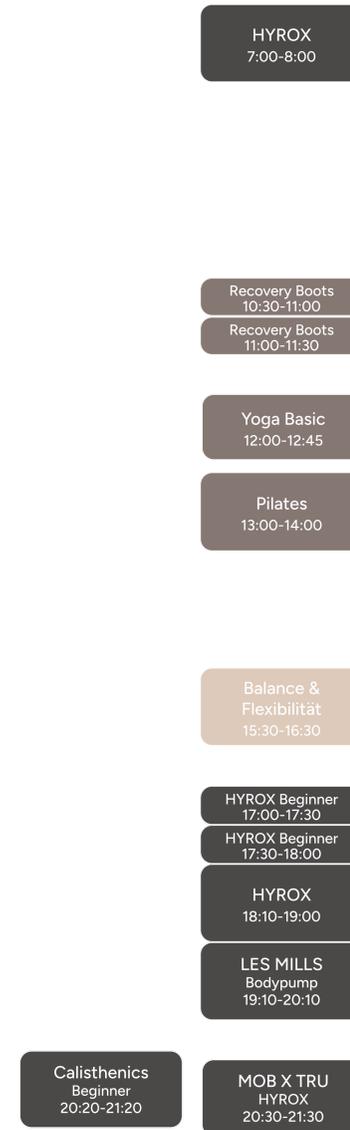
## Dienstag

Functional Power Zone



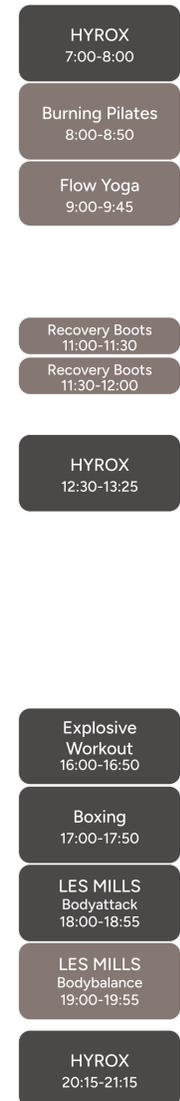
## Mittwoch

Functional Power Zone



## Donnerstag

Functional Power Zone



- Performance
- Balance
- Ü40

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





## Freitag

Functional Power Zone

6:00  
7:00  
8:00  
9:00  
10:00  
11:00  
12:00  
13:00  
14:00  
15:00  
16:00  
17:00  
18:00  
19:00  
20:00  
21:00

HYROX  
7:00-8:00

Pilates  
8:15-9:05

Kraft  
10:00-11:00

Recovery Boots  
11:15-11:45

Yoga Basic  
12:00-13:15

HYROX  
13:30-14:30

Ashtanga Yoga  
15:00-15:50

HYROX  
16:45-17:45

Vinyasa Yoga  
18:00-18:55

Yin Yoga  
19:00-19:50

MOB X TRU  
HYROX Technique  
20:00-21:30

## Samstag

Functional Power Zone

LES MILLS  
Bodypump  
9:15-10:15

Pilates  
10:20-11:00

Pilates  
11:00-11:45

HYROX Beginner  
11:55-12:25

Core  
12:30-13:00

HYROX  
13:00-14:00

MOB X TRU  
HYROX  
14:10-15:10

## Sonntag

Functional Power Zone

Pilates  
9:15-10:15

Yoga  
10:15-11:15

Yoga  
Posture Clinic  
11:15-12:00

LES MILLS  
Bodypump  
12:00-12:50

LES MILLS  
Shapes  
13:00-13:50

HYROX  
14:00-15:00

TRU KIDS  
Activity  
15:10-16:00

HYROX  
17:00-18:00

Recovery Boots  
18:15-18:45

Recovery Boots  
18:45-19:15

- Performance
- Balance
- Ü40

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