

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	Recovery Boots 08:25-08:55		Pilates 08:00-08:55
10:00	Recovery Boots 09:00-09:30		
10:00	Recovery Boots 09:35-10:05		
11:00		Beweglichkeit 10:30-10:55	
12:00	Recovery Boots 11:00-11:30		Pilates 11:00-12:55
12:00	Recovery Boots 11:30-12:00		
13:00		HYROX 12:00-12:45	Barre 12:00-13:00
14:00	Recovery Boots 13:00-13:30		
14:00	Recovery Boots 13:35-14:05		
15:00			
16:00	Recovery Boots 15:00-15:30		
16:00	Recovery Boots 15:35-16:05		
17:00			TRU KIDS Activity 16:00-16:55
18:00		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		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	Recovery Boots 07:15-07:45	HYROX 07:00-08:00	Alignment & Strength Yoga 07:00-08:00
9:00	Recovery Boots 08:25-08:55		
10:00	Recovery Boots 09:00-09:30		Yin Yoga 09:00-10:15
10:00	Recovery Boots 09:35-10:05		
11:00			
12:00	Recovery Boots 11:00-11:30		Classic Pilates 11:15-12:10
12:00	Recovery Boots 11:30-12:00		
13:00			
14:00	Recovery Boots 13:00-13:30		
14:00	Recovery Boots 13:35-14:05		
15:00			
16:00	Recovery Boots 15:00-15:30		
16:00	Recovery Boots 15:35-16:05		
17:00		HYROX Beginner 17:00-18:00	Barre 17:00-17:55
18:00		Boxing Beginner 18:00-18:50	Yin Yoga 18:00-18:55
19:00		LES MILLS Bodypump 19:00-19:55	Ballett 19:00-20:00
20:00		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		LES MILLS Bodypump 08:05-09:00	
10:00	Recovery Boots 08:25-08:55		
10:00	Recovery Boots 09:00-09:30		
10:00	Recovery Boots 09:35-10:05		
11:00			
12:00	Recovery Boots 11:00-11:30	Rückenfit 11:00-11:55	Bauch Beine Po 11:00-11:55
12:00	Recovery Boots 11:30-12:00		
13:00		HYROX 12:05-13:00	Pilates 12:00-13:00
14:00	Recovery Boots 13:00-13:30		
14:00	Recovery Boots 13:35-14:05		
15:00			
16:00	Recovery Boots 15:00-15:30		
16:00	Recovery Boots 15:35-16:05		
17:00		HYROX 17:00-17:55	Pilates 17:00-17:55
18:00		LES MILLS Dance 18:00-19:00	Yogilates 18:00-18:55
19:00		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
	Recovery Boots 21:00-21:30		
	Recovery Boots 21:35-22:05		

Donnerstag

Functional Power Zone Calm Zone

6:00			
7:00			
8:00	Recovery Boots 07:15-07:45	HYROX Competition 07:00-08:00	Pilates 07:00-07:55
9:00			
10:00	Recovery Boots 08:25-08:55		
10:00	Recovery Boots 09:00-09:30		Classic Pilates 09:00-09:55
10:00	Recovery Boots 09:35-10:05		
11:00			
12:00	Recovery Boots 11:00-11:30		
12:00	Recovery Boots 11:30-12:00		Faszien Training 12:00-12:30
13:00			
14:00	Recovery Boots 13:00-13:30		
14:00	Recovery Boots 13:35-14:05		
15:00			
16:00	Recovery Boots 15:00-15:30		
16:00	Recovery Boots 15:35-16:05		
17:00		HYROX English 16:00-16:55	Sculpt Pilates 16:00-17:00
18:00		HYROX Beginner English 17:00-18:00	Contemporary Dance 17:00-18:00
19:00		Explosive Workout 18:00-18:50	Ballett 18:00-19:00
20:00		Boxing 19:00-19:55	Pilates 19:00-20:00
21:00		HYROX 20:10-21:05	Pilates 20:10-21:10
	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
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

Recovery Boots 07:15-07:45	HYROX 07:00-07:55	Yogilates 07:00-07:55
Recovery Boots 08:25-08:55		
Recovery Boots 09:00-09:30		Vinyasa Yoga 09:00-09:55
Recovery Boots 09:35-10:05		Rückenfit 10:00-10:55
Recovery Boots 11:00-11:30		
Recovery Boots 11:30-12:00	HYROX 12:00-12:55	Pilates 12:00-12:55
Recovery Boots 13:00-13:30		
Recovery Boots 13:35-14:05		
Recovery Boots 15:00-15:30	Ganzkörper 15:00-15:45	
Recovery Boots 15:35-16:05	HYROX 16:00-17:00	Classic Pilates 16:30-17:25
	LES MILLS Bodypump 17:00-17:55	Pilates 17:30-18:25
	Bauch Beine Po 18:00-19:00	LES MILLS Bodybalance 18:30-19:30
	HYROX 19:30-20:25	Handstand Class 19:45-20:45
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
HYROX 10:20-11:20	Kids Class 10:10-11:10
Functional Workout 11:30-12:30	Holistic Yoga 11:10-12:25
	Stretch & Relax 12:40-13:10
	Pilates Workout 13:15-14:15
	Release & Relax Yoga 17:00-18:00
	Hatha Yoga 18:00-19:00

Sonntag

Functional Power Zone Calm Zone

HYROX 08:10-09:10	Pilates 08:10-09:05
HYROX Competition 09:10-10:10	Yogilates 09:10-10:05
Dance 10:15-11:10	Ballett Advanced 10:10-11:05
Functional Workout 11:15-12:15	Pilates 11:10-12:05
	TRU KIDS 12:10-13:10
	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](#)

