

Montag

Functional Power Zone

6:00	
7:00	
8:00	HYROX 7:00-8:00
9:00	Pilates 8:15-9:00
10:00	Recovery Boots 9:30-10:00
11:00	Rückenfit 10:00-11:00
12:00	Recovery Boots 11:00-11:30
13:00	HYROX 12:00-13:00
14:00	Recovery Boots 13:15-13:45
15:00	
16:00	
17:00	TRU KIDS Activity 16:15-17:00
18:00	Flow Yoga 17:05-17:55
19:00	Pilates 18:00-19:00
20:00	LES MILLS Bodypump 19:05-19:55
21:00	HYROX 20:15-21:15

Dienstag

Functional Power Zone

6:00	
7:00	HYROX 7:00-8:00
8:00	Sunrise Yoga 8:00-9:00
9:00	Recovery Boots 9:00-9:30
10:00	Recovery Boots 9:30-10:00
11:00	
12:00	
13:00	HYROX 12:30-13:15
14:00	Recovery Boots 13:30-14:00
15:00	
16:00	Ashtanga Yoga 16:00-16:50
17:00	HYROX 17:00-17:50
18:00	LES MILLS Bodybalance 18:00-18:50
19:00	LES MILLS Bodyattack 19:00-19:55
20:00	LES MILLS Shapes 20:00-20:50

Mittwoch

Functional Power Zone

6:00	
7:00	HYROX 7:00-8:00
8:00	
9:00	
10:00	
11:00	Recovery Boots 10:30-11:00
12:00	Recovery Boots 11:00-11:30
13:00	Yoga Basic 12:00-12:45
14:00	Pilates 13:00-14:00
15:00	
16:00	Balance & Flexibilität 15:30-16:30
17:00	HYROX Beginner 17:00-17:30
18:00	HYROX Beginner 17:30-18:00
19:00	HYROX 18:10-19:00
20:00	LES MILLS Bodypump 19:20-20:20
21:00	Calisthenics Beginner 20:20-21:20
	MOB X TRU HYROX 20:30-21:30

Donnerstag

Functional Power Zone

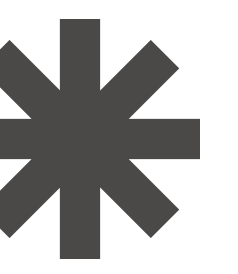
6:00	
7:00	HYROX 7:00-8:00
8:00	Burning Pilates 8:00-8:50
9:00	Flow Yoga 9:00-9:45
10:00	
11:00	Recovery Boots 11:00-11:30
12:00	Recovery Boots 11:30-12:00
13:00	
14:00	
15:00	
16:00	Explosive Workout 16:00-16:50
17:00	Boxing 17:00-17:50
18:00	LES MILLS Bodyattack 18:00-18:55
19:00	LES MILLS Bodybalance 19:00-19:55
20:00	
21:00	HYROX 20:15-21:15

- Performance
- Balance
- Ü40

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



KURSPLAN HAMBURG



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

Ganzkörper
Workout
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 Flow
10:15-11:15

Yin Yoga
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

Boxing
16:00-16:50

HYROX
17:00-18:00

Recovery Boots
18:15-18:45

Recovery Boots
18:45-19:15

- Performance
- Balance
- Ü40

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