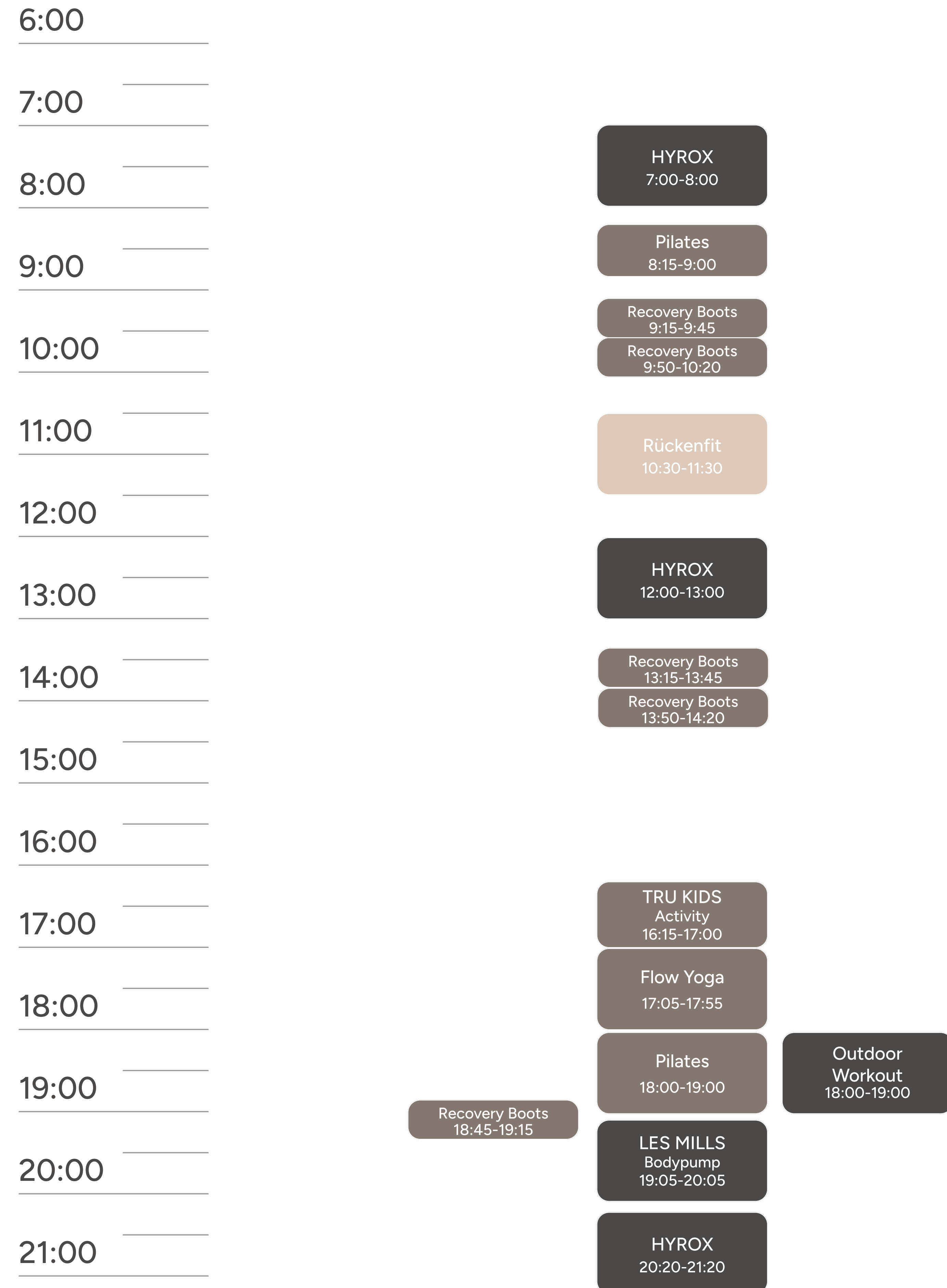


Montag

Functional Power Zone



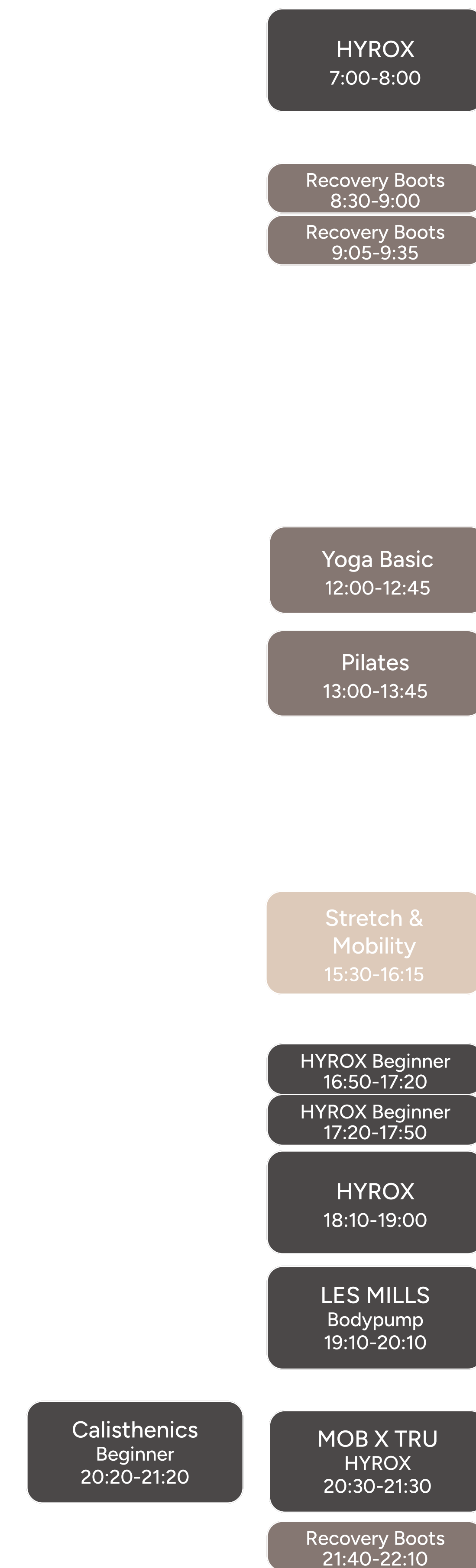
Dienstag

Functional Power Zone



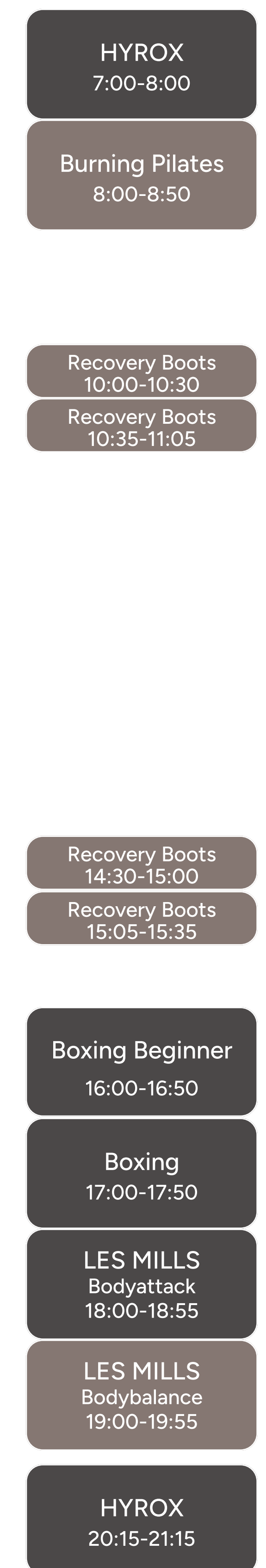
Mittwoch

Functional Power Zone



Donnerstag

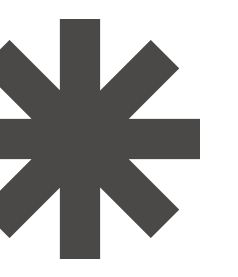
Functional Power Zone



- 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
7:00-7:55

Pilates
8:00-8:50

Recovery Boots
9:00-9:30

Recovery Boots
9:35-10:05

Yoga Basic
12:00-13:15

HYROX
13:30-14:30

HYROX Beginner
16:00-16:30

HYROX
16:45-17:45

Vinyasa Yoga
18:00-18:55

Yin Yoga
19:00-19:50

Samstag

Functional Power Zone

HYROX
8:15-9:15

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

Recovery Boots
15:30-16:00

MOB X TRU
HYROX
15:15-16:15

Recovery Boots
16:05-16:35

Sonntag

Functional Power Zone

Pilates
9:15-10:15

Yoga Flow
10:15-11:15

Yin Yoga
11:15-12:00

LES MILLS
Bodypump
12:05-12:55

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

LES MILLS
Bodypump
18:00-18:50

Recovery Boots
18:50-19:20

Recovery Boots
19:25-19:55

- Performance
- Balance
- Ü40

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