

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
HYROX 06:15 - 07:15 07:30 - 08:30 Amalina Berger	HYROX 06:00 - 07:00 07:15 - 08:15 Jan Teuber	IKICOR x ZAPPES HYROX 07:15 - 08:15 Andreas Moog	Strong Endurance 06:15 - 07:15 07:30 - 08:30 Franziska Ullrich	HYROX 06:15 - 07:15 Andreas Moog	MIXED WORKOUT 10:00 - 11:00 Freddy Miebach	MIXED WORKOUT 10:00 - 11:00 Julian Hanka
OPEN GYM 09:00 - 12:00	OPEN GYM 08:30 - 10:30	OPEN GYM 08:30 - 10:30	OPEN GYM 08:30 - 10:30	IKICOR x ZAPPES HYROX 07:30 - 08:30 Andreas Moog	MOBILITY 11:15 - 12:00 Freddy Miebach	MOBILITY 11:15 - 12:00 Julian Hanka
HYROX 12:00 - 13:00 Amalina Berger	HYROX 10:45 - 11:45 Jan Teuber	HYROX 10:45 - 11:45 Andreas Moog	HYROX 10:45 - 11:45 Andreas Moog	OPEN GYM 09:00 - 12:00	HYROX 12:15 - 13:15 Freddy Miebach	HYROX 11:15 - 12:15 Julian Hanka
OPEN GYM 13:00 - 16:00	FULL BODY STRENGTH 12:00 - 13:00 Jan Teuber	FULL BODY STRENGTH 12:00 - 13:00 Andreas Moog	FULL BODY STRENGTH 12:00 - 13:00 Andreas Moog	HYROX 12:00 - 13:00 Andreas Moog	HYROX 13:30 - 14:30 Freddy Miebach	HYROX 12:30 - 13:30 Julian Hanka
HYROX 16:45 - 17:45 Jan Teuber	OPEN GYM 13:00 - 16:00	OPEN GYM 13:00 - 16:00	OPEN GYM 13:00 - 16:00	HYROX 15:45 - 16:45 16:45 - 17:45 Carla Ankermann	OPEN GYM 15:00 - 19:00	OPEN GYM 15:00 - 19:00
HYROX x SOCIAL RUN 18:00 - 19:00 Jan Teuber	HYROX 16:45 - 17:45 Jan Teuber	HYROX 16:45 - 17:45 18:00 - 19:00 Freddy Miebach	HYROX 16:45 - 17:45 Carla Ankermann	FULL BODY STRENGTH 18:00 - 19:00 Franziska Ullrich		
CALISTHENICS BEGINNER 19:15 - 20:30 Monique König	UPPER BODY STRENGTH 18:00 - 19:00 Andreas Moog	SPEED WORKOUT 19:15 - 20:15 Freddy Miebach	HYROX x SOCIAL RUN 18:00 - 19:00 Julian Hanka	SPEED WORKOUT 19:15 - 20:15 Freddy Miebach		
CALISTHENICS ALL LEVEL 20:30 - 21:45 Monique König	LOWER BODY STRENGTH 19:15 - 20:15 Andreas Moog	MOBILITY 20:30 - 21:15 Freddy Miebach	UPPER BODY STRENGTH 19:15 - 20:15 Julian Hanka	CALISTHENICS BEGINNER 20:30 - 21:45 Monique König		
	HYROX 20:15 - 21:15 Andreas Moog		LOWER BODY STRENGTH 20:30 - 21:30 Julian Hanka			