

SCHEDULE

MONTAG

06:30 WAKE UP CALL
09:30 RÜCKBILDUNG / POSTNATAL
12:00 ALL IN
17:30 BODYWEIGHT
18:30 TABATA
19:30 TABATA

18:00 STRENGTH YOGA
19:15 SLOW-MO YOGA

18:00 UNIK BOXING
19:00 UNIK BOXING
20:00 BOXING ADVANCED

DIENSTAG

06:30 WAKE UP CALL
12:00 TABATA
16:30 BOOTCAMP ^{INTERVALL} / KRAFT
17:30 CORE
18:30 ALL IN

12:15 YOGA
17:30 MOBILITY ^{HIPS}
18:45 PILATES
19:45 SLOW-MO YOGA

18:00 BOXING
19:00 BOXING

19:00 ATHLETIC TRAINING SUPPORTED

MITTWOCH

06:30 WAKE UP CALL
16:30 BOOTCAMP ^{INTERVALL}
16:30 HYROX CLASS
17:30 BODYWEIGHT
17:30 BOOTCAMP
18:30 HEAVY WEIGHT

17:30 MOBILITY ^{SHOULDERS}
18:45 STRENGTH YOGA

18:00 BOXING
19:00 BOXING

DONNERSTAG

06:30 WAKE UP CALL
12:00 BOOTCAMP ^{KRAFT}
18:00 CORE
19:00 CALISTHENICS
19:00 HEAVY WEIGHT

18:15 PILATES
19:30 SLOW-MO YOGA

18:00 BOXING
19:00 BOXING

08:00 MOBILITY ATHLETIK
09:00 - 12:00 ATHLETIC TRAINING SUPPORTED

FREITAG

06:30 WAKE UP CALL
10:00 BOOTCAMP ^{INTERVALL}
12:00 ALL IN
17:00 1X20
18:00 TABATA

12:00 BOXING
18:00 BOXING

SAMSTAG

08:00 BOOTCAMP ^{KRAFT}
09:00 BOOTCAMP ^{KRAFT}
10:00 BOOTCAMP ^{KRAFT}
11:00 BODYWEIGHT

10:00 YOGA
11:00 MOBILITY

10:00 BOXING
11:00 BOXING

SONNTAG

09:30 ALL IN
10:30 YIN YOGA ^{EXTENDED}
11:00 BOXING