

Sports Program



Spring / Summer 2026

	WHEN	WHAT	WHERE
MON	12:00 - 13:00	Pilates	HQ x Balboa Underground Beethovenstrasse 48
	18:00 - 19:00	Yoga x Breathwork	Yoga Studio Stockerstrasse 33
	19:00 - 20:00	Fight Club x Boxing	HQ x Balboa Underground Beethovenstrasse 48
TUE	12:00 - 13:00	Lunch Flow Yoga	Workout & Yoga Room Talacker 41
	18:00 - 20:00	 Social Ride Out	Meetig Point: Talacker 41, Parking
	18:00 - 19:00	Running Club	Outdoor Beethovenstrasse 48
WED	07.30 - 8.15	Morning Yoga Glow	Yoga Studio Stockerstrasse 33
	12.00-13.00	Energia	HQ x Balboa Underground Beethovenstrasse 48
	19.30 - 20.30	Fight Club x Boxing	HQ x Balboa Underground Beethovenstrasse 48
	1&2 Wed. Month 15.00-17.00	Physiotherapy & Ergotherapy	Workout & Yoga Room Talacker 41
FRI	12.00-13.00	Kettlebell Skills	HQ x Balboa Underground Beethovenstrasse 48

