

COMMUNITY MONTHLY PROGRAM

MAY

01.05 -
31.05.26

CW19

05.05 Tue | 18:00

Ride Out with Patrick

@Meeting Point - Talacker 41
Parking

06.05 Wed | 15:00 - 17:00

Physio & Ergotherapie

@Talacker 41, Studio

08.05 Fri | 08:30 - 11:00

Millennials4Boards x Climate Week

@Stockerstrasse 33, Oberon



CW20

11.05 Mon | 18:00

Yoga x Breathwork

@Stockerstrasse 33, Studio

12.05 Tue | 17.30

Women on a Mission with Alexandra Maurer

@Stockerstrasse 33, Oberon

13.05 Wed | 12.00

Energia with Florencia

@Balboa x HQ Underground Gym

Tip of the Week

80s-Party-Schiff

@Schiffsteg Bürkliplatz

CW21

18.05 Mon | 12:00

Pilates with Triana

@Balboa x HQ Underground Gym

19.05 Tue | 18:00

Ride Out with Patrick

@Meeting Point - Talacker 41 Parking

20.05 Wed | 09:30 - 11:00

World Bee Day x Smoothies Brunch

@All Spaces

22.05 Fri | 12:00

Kettlebell Skills, Strength & Technique

@Underground Gym

Tip of the Week

Afro Pfingsten

@Winterthur



CW22

26.05 Tue | 17:30 - 20:00

Ceramic Workshop

@Beethovenstrasse 48, GF

27.05 Wed | 17:30 - 20:00

Pierogi Workshop with Bartek - Polish Kitchen

@Uraniastrasse 31, 3.FL

28.05 Thu | 17:30

Thirsty Thursday: Sangria y Musica

@Stockerstrasse 33, 5th Floor

Tip of the week

Street Food Festival Zurich

Hardturmplatz



REGISTRATION



Monthly events
in and around your
favorite workspace.



May

May brings a dynamic mix of movement, creativity, and community. Start strong with the intensity of Energia, then reset and recharge through Yoga & Breathwork or Pilates with Triana for a more mindful pace.

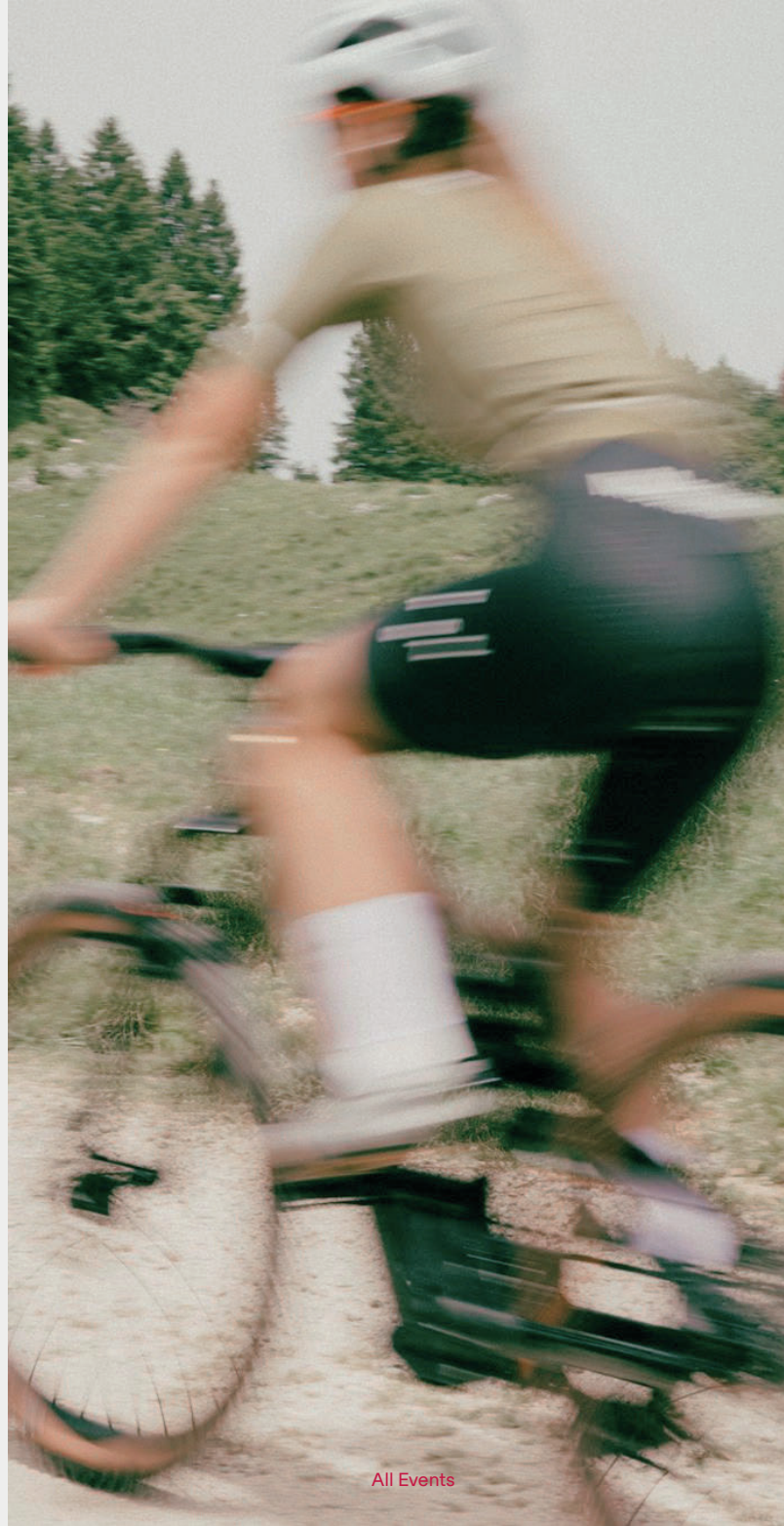
Connect with others at Women on a Mission or join Patrick's group rides - perfect for sharing energy, ideas, and a sense of momentum.

Explore something new with a ceramic workshop or dive into flavor at Bartek's Pierogi cooking class. And as the week winds down, Thirsty Thursday invites you to relax with good spanish food, drinks, and music in great company.

There's something for every mood - come be part of it.



Register here



All Events

01.05 -
31.05.26

COMMUNITY PROGRAM
MAY



CW19

04.05 Mon | 19:00

Fight Club HQ X Balboa

A high-energy workout session combining strength, conditioning, and partner-based movement.



Register here

Beethovenstrasse 48,
Underground Gym.

06.05 Wed | 15:00 - 17:00 (Slots)

Physio & Ergotherapie

With professional guidance from Nabil, you will work on recovery, prevention, and practical techniques to support your body in everyday life.



Register here

Talacker 41,
Studio.

08.05 Fri | 08:30 - 11:00

Millennials4Boards x Climate Week

With a focus on climate awareness, responsible leadership, and how future generations can actively shape more sustainable organizations and decisions.



Register here

Stockerstrasse 33,
Oberon, GF.

CW20

11.05 Mon | 18:00

Yoga x Breathwork

A calming session that combines gentle movement with guided breathing techniques by Claudia.



Register here

Stockerstrasse 33,
Yoga Studio.

12.05 Tue | 17:30

Women on a Mission w/ Alexandra Maurer

An inspiring gathering focused on empowerment, personal growth, and meaningful exchange.



Register here

Stockerstrasse 33,
GF, Oberon.

CW21

20.05 Wed | 09:30 - 11:00

World Bee Day x Smoothies Brunch

A relaxed brunch celebrating bees and biodiversity, paired with fresh honey smoothies.



All HeadsQuarter spaces

CW22

26.05 Tue | 17:30 - 20:00

Ceramic Workshop

A hands-on creative session where you can design and paint your own ceramic pieces.



Register here

Beethovenstrasse 48,
GF.

27.05 Wed | 17:30 - 20:00

Pierogi Workshop w/ Bartek - Polish Kitchen

A fun and interactive cooking workshop where you learn to make traditional Polish Pierogi with Bartek, enjoying good food, culture, and hands-on experience.



Register here

Uraniastrasse 31,
3.Floor

28.05 Thu | 17:30 - 21:00

Thirsty Thursday: Tapas, Sangria y Musica

A relaxed social evening featuring Spanish-inspired tapas, refreshing sangria, and great music perfect for unwinding and connecting with others.



Register here

Stockerstrasse 33,
5.Floor

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

