

Sports Program

As a HeadsQuarter member you can join any and all sports activities from the program. The classes take place at our different locations or offsite.

Sign up is not obligatory but recommended to secure your spot.

	WHEN	WHAT	WHERE
MON	12:00 - 13:00	Pilates	Balboa X HQ The Elegant - Beethovenstrasse 48
	12:00 - 13:00	Lunch Flow Yoga	Workout & Yoga Room The Hip - Talacker 41 - 5th Fl.
TUE	17:30 - 18:30	HQ Run Club	Beethovenst. 48 Entrance
	18:00 - 20:00	Ride Out	Talacker 41 - Parking
	08.15-09.00	Morning Yoga Glow	Meditation Room The Artistic - Stockerstrasse 33 - GF
WED	12.00-13.00	Energia (High Intensity)	Spinning Room The Historic - Uranistrasse 31 - 3rd Fl.
	12.15-13.00	Spinning	Balboa X HQ The Elegant - Beethovenstrasse 48
	1&2 Wed. Month 15.00-17.00	Physio & Ergo Please book in advance	Workout & Yoga Room The Hip - Talacker 41 - 5th Fl.
	12.00-13.00	HIIT	Silhölzli Sports Track
THU	12.00-13.00	Kettlebell Skills (Strength & Technique)	Balboa X HQ The Elegant - Beethovenstrasse 48
FRI	12.00-13.00		

Sign up here

