

Sports Program

Fall / Winter 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 - 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
THU	11.00-14.00	Office Reset Massage	Yoga Studio Stockerstrasse 33
FRI	12.00-13.00	Kettlebell Skills	HQ x Balboa Underground Beethovenstrasse 48

Please register for all classes via the HeadsQuarter Passport App.
Kindly arrive on time participants arriving more than 10 minutes late will unfortunately not be admitted.



Sports Program

Spring / Summer 2026



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