

--- **Brain & Body Strength.**

Balboa



HeadsQuarter

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	HQ x Balboa Underground The Elegant - Beethovenstrasse 48
	18:00 - 19:00	Yoga x Breathwork	Yoga Studio The Artistic - Stockerstrasse 33
	19:00 - 20:00	Fight Club x Boxing	HQ x Balboa Underground The Elegant - Beethovenstrasse 48
TUE	12:00 - 13:00	Lunch Flow Yoga	Workout & Yoga Room The Hip - Talacker 41 - 5th Fl.
	18:00 - 19:00	Running Club	HeadsQuarter x Vitamin Well Beethovenstrasse 48, Entrance
WED	07.30 - 8.15	Morning Yoga Glow	Yoga Studio The Artistic - Stockerstrasse 33
	12.00-13.00	Energia (High Intensity)	HQ x Balboa Underground The Elegant - Beethovenstrasse 48
	19.30 - 20.30	Fight Club x Boxing	HQ x Balboa Underground The Elegant - Beethovenstrasse 48
	1&2 Wed. Month 15.00-17.00	Physiotherapy & Ergotherapy Please book in advance	Workout & Yoga Room The Hip - Talacker 41 - 5th Fl.
FRI	12.00-13.00	Kettlebell Skills (Strength & Technique)	HQ x Balboa Underground The Elegant - Beethovenstrasse 48

Sign up here

