



# SHAPE SHACK

SPORT COMMUNITY

*Private training, rehab, strength, motivation  
- approved by health insurances -*

**qualitop**



**CLASSES SCHEDULE**

*Limited spots, mandatory booking*

## MONDAY

Strength class

19:00-20:00

*Full body strength workout with focus on mobility and technique*

## TUESDAY

Hyrox Squad

19:00-20:00

*Full body strength workout with focus on mobility and technique*

## WEDNESDAY

Run Better

12:15-13:15

*For runners looking to improve their technique, efficiency, and endurance*

High intensity circuit training

19:00-20:00

*Mobility warm-up into a circuit mixing conditioning and weights*

## THURSDAY

Her Fight Club

19:00-20:00

*Women-only boxing class designed to empower, energize, and inspire*

Shack Boxing

20:00-21:00

*Technical foundations with a hint of athletic moves and cardio work*

## SATURDAY

High intensity circuit training

10:00-11:00

*Mobility warm-up into a circuit mixing conditioning and weights*