



More Information on: [www.tu-braunschweig.de/sportzentrum/bgf](http://www.tu-braunschweig.de/sportzentrum/bgf)

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## SEMINARS

*usually offered in german only*

- InfoExpress: Active Break** 17.04.2024 | 11:15 AM - 12 PM | Location: Online  
Instructor: Timo Landscheidt
- Nutrition seminar: Eating to stay fit - How sport and nutrition complement each other** 23.05.2024 | 9 AM - 12 PM | Location: Online  
Instructor: Stephanie Mißler
- InfoExpress: Nutrition - Eat the stress away (Health Week)** 06.06.2024 | 10 AM - 12 PM | Location: Online  
Instructor: Stephanie Mißler
- InfoExpress: Stress management** 19.09.2024 | 10:30 AM - 12 PM | Location: Online  
Instructor: Kim Celine Salomon
- InfoExpress: Nutrition - Eat healthily for a strong immune system** 26.09.2024 | 10 AM - 12 PM | Location: Online  
Instructor: Stephanie Mißler
- InfoExpress: Mobility training** 09.10.2024 | 10 AM - 12:30 PM | Location: GyRR  
Instructor: Timo Landscheidt

## OFFERS

- AktivBox & RelaxBox** Borrow and try out the [Aktiv or RelaxBox](#) for one month to stay active with your colleagues during your break through various exercises or to unwind.
- Team Spirit** The digital [Team Events](#) offer you and your colleagues the opportunity to work together on various topics and to develop as a team. (In cooperation with [CHM](#))
- Team games Boxes** Strengthen your team's sense of unity and promote social skills, creativity and problem-solving in a playful manner with our [Team games Boxes](#).
- Break Express** Spend your breaks with your colleagues doing guided exercises actively and sign up your team for the [Break Express](#).
- TK Health Checks** We will inform you here about temporary events, such as TK health checks or events to spent an active evening after work: [More Information](#)

## COURSES

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### Monday

- Qigong & Tai Chi** GyRR  
1 PM - 2 PM with Jochen  
(from 15.07.2024)
- Fascia Training** GyRR  
2:45 PM - 3:45 PM | with Timo
- Beginners! Get moving** GyRR  
5 PM - 6 PM | with Mara

### Tuesday

- Yoga** GyRR  
7:30 AM - 8:30 AM | with Christian
- Funct. Spinal Gymnastics** GyRR  
12 PM - 1 PM | with Michael
- Funct. Spinal Gymnastics** GyRR  
1 PM - 2 PM | with Michael
- Prev. Strength Training** CampusGym  
2:45 AM - 3:45 AM | with Mads
- Outdoor fitness** OUTDOOR  
4 PM - 5 PM | with Jannis

### Wednesday

- Nordic Walking** OUTDOOR  
7:30 AM - 8:30 AM | with Anja
- Prev. Strength Training** CampusGym  
7:30 AM - 8:30 AM | with Maxi
- Fitness**
- Spinal Gymnastics** SpoBe/GyRR  
10:30 AM - 11:30 AM | with Guiseppe
- Pilates** GyRR  
2:45 PM - 3:45 PM | with Kim
- Yoga & Relax** GyRR  
4:30 PM - 5:30 PM | with Yasmin & Julia

### Thursday

- Yoga** GyRR  
7:30 AM - 8:30 AM | with Christian
- Pilates** GyRR  
2 PM - 3 PM | with Sarah
- Preventative Strength Training** CampusGym  
2:45 PM - 3:45 PM | with Timo
- Fit from 45 - Keeping Balance** GyRR  
5 PM - 6 PM | with Mara

### Friday

- Fitness**
- Spinal Gymnastics** GyRR  
12 PM - 1 PM | with Guiseppe