



More information at www.tu-braunschweig.de/sportzentrum/bgf

E-Mail: bgf@tu-braunschweig.de

CLASSES usually offered in german only

MONDAY

Qigong & Taiji GyRR
01:00 p.m. - 02:00 p.m. | with Jochen

**Beginners!
Get moving** GyRR
05:00 p.m. - 06:00 p.m. | with Timo

TUESDAY

Yoga GyRR
07:30 a.m. - 08:30 a.m. | with Christian

Functional spinal gymnastics GyRR
01:00 p.m. - 02:00 p.m. | with Michael

Functional spinal gymnastics GyRR
02:00 p.m. - 03:00 p.m. | with Michael

Preventive strength training CampusGym
02:45 p.m. - 03:45 p.m. | with Mads

Preventive strength training CampusGym
04:15 p.m. - 05:15 p.m. | with Lilli

Pilates GyRR
05:00 p.m. - 06:00 p.m. | with Malu

WEDNESDAY

Preventive strength training CampusGym
07:30 a.m. - 08:30 a.m. | with Maximilia

Nordic walking OUTDOOR
07:30 a.m. - 08:30 a.m. | with Anja

**Fitness programme
Spinal gymnastics** GyRR
10:30 a.m. - 11:30 a.m. | with Guiseppa

Pilates GyRR
03:15 p.m. - 04:15 p.m. | with Heidi

Yoga & Relax GyRR
04:30 p.m. - 05:30 p.m. | with Yasmin & Julia

THURSDAY

Yoga GyRR
07:30 a.m. - 08:30 a.m. | with Christian

**Preventive
Strength training** CampusGym
12:00 a.m. - 01:00 p.m. | with Timo

Pilates GyRR
01:00 p.m. - 02:00 p.m. | with Heidi

Outdoor fitness OUTDOOR
04:00 p.m. - 05:00 p.m. | with Malu

Fit from 45-keep your balance GyRR
03:00 p.m. - 06:00 p.m. | with Lukas

FRIDAY

**Fitness programme
Spinal gymnastics** GyRR
11:00 a.m. - 12:00 a.m. | with Guiseppa

**Fitness programme
Spinal gymnastics** GyRR
12:00 a.m. - 01:00 p.m. | with Guiseppa

OFFERS usually offered in german only

AktivBox & RelaxBox

Borrow and try out the [Active or RelaxBox](#) for a month to get moving or relax with your colleagues during your break with various (office) exercises.

Team spirit

The digital [teamevents](#) offer you and your colleagues the opportunity to work together on various topics and develop as a team. (In cooperation with [BGM](#))

Team game boxes

The [team games boxes](#) are ideal for team-building activities. Strengthen your team's group spirit and playfully promote social skills, creativity and solution-orientation.

PausenExpress

Spend guided active breaks with your colleagues on site and register your team for the [PausenExpress](#).

Actions & events

We will inform you here about temporary campaigns, such as TK health checks or changing events for a more active evening: [more info](#)

SEMINARS

The CHP seminare (in cooperation with the [Zentralen Personalentwicklung \(ZPE\)](#)) are published every six months. The training programme will **now** start in July and January, with registration starting approx. 4 weeks beforehand.

In future, you will therefore find the seminar programme on our [homepage](#). You can register as usual via Stud.IP ([Stud.IP instructions](#)).