

Become Your Own Hero  
Weekly Group Class Schedule

Live-Online Fitness Training

Dear valued client and friends,

Are you sick of being at home and looking for inspiration and motivation? Are you a seeking like-minded fitness focussed community? healwell's LIVE group trainings is the answer.

Bist du es leid, zuhause zu sitzen und nach Inspiration und Motivation zu suchen? Bist du auf der Suche nach einer gleichgesinnten Fitness-Community? Die LIVE Gruppentrainings von healwell sind deine Antwort.

Monday	12:00 CEST	Online HIIT plus Core	45'	
Jorge				
Thursday	19:00 CEST	Online HIIT	45'	Alejandro

Join Training via QR Code or this link [www.healwell.ch/onlinebootcamp](http://www.healwell.ch/onlinebootcamp)



In-Person Bootcamp

Wednesday	18:00 CEST	Burn and Build Outdoor Bootcamp Meet at healwell, Staffelstrasse 13, 8045	60'	Paula
Friday	07:30 CEST	Bootcamp + Cold Water Immersion Meet at healwell, Staffelstrasse 13, 8045	60'	Matthew
Friday	08:15 CEST	Cold Water Immersion plus breathing Meet at Sihl river steps, directly beside the main entrance of SihlCity Shopping Centre.	15'	Matthew

Text us on: +41 76 618 02 00 or +41 76 506 74 88 if you have issues or questions, or want to join the Whatsapp group.

CEST = Central European Summer Time, Zurich time.

*"Only when it is dark enough, can you see the stars." Martin Luther King, Jr*