

Gyms

The T3 features an Indoor- and an Outdoor-Gym. The Indoor-Gym is located in the main building of the T3 and has a large training area with the latest equipment from Techno Gym ® and Keiser ®, and two rooms for group exercises.

The covered Outdoor-Gym is located between the two football pitches and has a large selection of free weights and Nautilus ® equipment brand and Techno Gym ®. Both, the indoor studio with its breathtaking views, as well as the outdoor studio with the pleasant temperatures, make the workouts a true experience. Both studios can be reserved exclusively of teams.



In addition, two highly qualified fitness instructors are always available for questions. Our varied workout classes complete the Fitness offer from T3.

Indoor-Gym

- 2 Rowing machines (Concept 2 ®)
- 3 Treadmills (Woodway ®)
- 2 Crosstrainers (Keiser ®)
- 6 Ergometers (Keiser ® and Techno Gym ®)
- 1 Climbing machine (Versa Climber ®)
- Separate room with 14 spinning bikes (Techno Gym ®)
- Large selection of dumbbells, barbells and benches.
- Weight Machines that use compressed air: Lat pull, chest press, leg press, leg curl, squat, cable pulls



Outdoor-Gym

- Weight Machines : Butterfly, rowing machine, lat pull, equipment for abdominal - and calves exercises, cable pulls, leg curls, leg extension, Multi-Hip, leg press
- TRX ®, gymnastic balls, medicine balls, Therabands, mats, punching bag, stepper
- The running track and the football pitches are next to the outdoor-gym.

