

Sommerkursplan KW 27 Juli 2019

01.07. Montag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Vinyasa Yoga Aline (Raum 2) 09.00-10.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 12.15-13.00 Burning Butt Fitness Team (Hammer Athletic Parc) 12.15-13.00 CORE strength Fitness Team (Raum 1) 18.00-19.00 Cycling virtuelles Training (Cycling Raum) 18.10-19.10 CORE strength & Faszien Fitness Team (Raum 2) 18.15-19.10 Body Toning Rosa (Raum 1) 19.00-20.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 19.15-20.30 Sivananda Yoga Guido (Raum 1)	04.07. Donnerstag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Pilates Caroline (Raum 2) 12.00-13.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 18.30-19.30 Cycling virtuelles Training (Cycling Raum) 18.30-19.30 Cross Workout Lena (Raum 1/2)
02.07. Dienstag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 HOT IRON® 2 Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.05 bodyART® STRENGTH Caroline (Raum 2) 18.00-18.55 Full Body Conditioning Aline (Raum 1) 18.00-19.25 Pilates Caroline (Raum 2) 18.30-19.30 Outdoor Circle Fitness Team (Outdoor Park) 19.00-19.55 HOT IRON® 1 Aline (Raum 1)	05.07. Freitag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 HOT IRON® Cross Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.00 Outdoor Circle Fitness Team (Outdoor Park) 12.15-13.15 Vinyasa Yoga Larissa (Raum 1/2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum)
03.07. Mittwoch 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 10.00-10.30 Faszien Stretch Fitness Team (Raum 2) 12.15-13.05 Body Toning Rosa (Raum 1) 12.15-13.05 TRX® Fitness Team (freie Fläche TRX) 18.15-19.10 Bauch Beine Po Fitness Team (Raum 2) 18.00-19.00 Cycling virtuelles Training (Cycling Raum) 18.30-19.30 SYNRGY 360 Circuit Fitness Team (Functional Training) 19.00-20.15 Vinyasa Yoga Aline (Raum 1) 19.15-20.00 Dance Fitness Lena (Raum 2)	06.07. Samstag 09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Mobility Flow Lena (Raum 1) 10.00-11.00 Cycling virtuelles Training (Cycling Raum) 10.00-11.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 07.07. Sonntag 09.00-10.00 Cycling virtuelles Training (Cycling Raum) 10.00-11.00 SYNRGY 360 Circuit Fitness Team (Functional Training)

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08.07. Montag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Vinyasa Yoga Aline (Raum 2) 09.00-10.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 12.15-13.00 Burning Butt Fitness Team (Hammer Athletic Parc) 12.15-13.00 CORE strength Fitness Team (Raum 1) 18.00-19.00 Cycling virtuelles Training (Cycling Raum) 18.10-19.10 CORE strength & Faszien Fitness Team (Raum 2) 18.15-19.10 Body Toning Aline (Raum 1) 19.00-20.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 19.15-20.30 Sivananda Yoga Guido (Raum 1)	11.07. Donnerstag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Pilates Caroline (Raum 2) 12.00-13.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 18.30-19.30 Cycling virtuelles Training (Cycling Raum) 18.30-19.30 Cross Workout Lena (Raum 1/2)
09.07. Dienstag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 HOT IRON® 2 Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.05 bodyART® STRENGTH Caroline (Raum 2) 18.00-18.55 Full Body Conditioning Aline (Raum 1) 18.00-19.25 Pilates Caroline (Raum 2) 18.30-19.30 Outdoor Circle Fitness Team (Outdoor Park) 19.00-19.55 HOT IRON® 1 Aline (Raum 1)	12.07. Freitag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 HOT IRON® Cross Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.00 Outdoor Circle Fitness Team (Outdoor Park) 12.15-13.15 Ashtanga Yoga Guido (Raum 1/2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum)
10.07. Mittwoch 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 10.00-10.30 Faszien Stretch Fitness Team (Raum 2) 12.15-13.05 Body Toning Lena (Raum 1) 12.15-13.05 TRX® Fitness Team (freie Fläche TRX) 18.15-19.10 Bauch Beine Po Fitness Team (Raum 2) 18.00-19.00 Cycling virtuelles Training (Cycling Raum) 19.00-20.15 Vinyasa Yoga Aline (Raum 1) 19.15-20.00 Dance Fitness Lena (Raum 2)	13.07. Samstag 09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Mobility Flow Lena (Raum 1) 10.00-11.00 Cycling virtuelles Training (Cycling Raum) 10.00-11.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 14.07. Sonntag 09.00-10.00 Cycling virtuelles Training (Cycling Raum) 10.00-11.00 SYNRGY 360 Circuit Fitness Team (Functional Training)

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15.07. Montag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Vinyasa Yoga Aline (Raum 2) 09.00-10.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 12.15-13.00 Burning Butt Fitness Team (Hammer Athletic Parc) 12.15-13.00 CORE strength Fitness Team (Raum 1) 18.00-19.00 Cycling virtuelles Training (Cycling Raum) 18.10-19.10 CORE strength & Faszien Fitness Team (Raum 2) 18.15-19.10 Body Toning Aline (Raum 1) 19.00-20.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 19.15-20.30 Sivananda Yoga Guido (Raum 1)	18.07. Donnerstag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Pilates Guido (Raum 2) 12.00-13.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 18.30-19.30 Cycling virtuelles Training (Cycling Raum) 18.30-19.30 Cross Workout Lena (Raum 1/2)
16.07. Dienstag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 HOT IRON® 2 Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.15 Yoga Aline (Raum 2) 18.00-18.55 Full Body Conditioning Aline (Raum 1) 18.00-19.25 Pilates Guido (Raum 2) 18.30-19.30 Outdoor Circle Fitness Team (Outdoor Park) 19.00-19.55 HOT IRON® 1 Aline (Raum 1)	19.07. Freitag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 HOT IRON® Cross Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.00 Outdoor Circle Fitness Team (Outdoor Park) 12.15-13.15 Ashtanga Yoga Guido (Raum 1/2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum)
17.07. Mittwoch 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 10.00-10.30 Faszien Stretch Fitness Team (Raum 2) 12.15-13.05 Body Toning Lena (Raum 1) 12.15-13.05 TRX® Fitness Team (freie Fläche TRX) 18.15-19.10 Bauch Beine Po Fitness Team (Raum 2) 18.00-19.00 Cycling virtuelles Training (Cycling Raum) 18.30-19.30 SYNRGY 360 Circuit Fitness Team (Functional Training) 19.00-20.15 Vinyasa Yoga Aline (Raum 1) 19.15-20.00 Dance Fitness Lena (Raum 2)	20.07. Samstag 10.00-11.00 Cycling virtuelles Training (Cycling Raum) 10.00-11.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 21.07. Sonntag 09.00-10.00 Cycling virtuelles Training (Cycling Raum) 10.00-11.00 SYNRGY 360 Circuit Fitness Team (Functional Training)

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22.07. Montag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Vinyasa Yoga Aline (Raum 2) 09.00-10.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 12.15-13.00 Burning Butt Fitness Team (Hammer Athletic Parc) 12.15-13.00 CORE strength Fitness Team (Raum 1) 18.00-19.00 Cycling virtuelles Training (Cycling Raum) 18.10-19.10 CORE strength & Faszien Fitness Team (Raum 2) 18.15-19.10 Body Toning Aline (Raum 1) 19.00-20.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 19.15-20.30 Sivananda Yoga Guido (Raum 1)	25.07. Donnerstag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 12.00-13.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 18.30-19.30 Cycling virtuelles Training (Cycling Raum) 18.30-19.30 Cross Workout Lena (Raum 1/2)
23.07. Dienstag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 HOT IRON® 2 Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.15 Yoga Aline (Raum 2) 18.00-18.55 Full Body Conditioning Aline (Raum 1) 18.30-19.30 Outdoor Circle Fitness Team (Outdoor Park) 19.00-19.55 HOT IRON® 1 Aline (Raum 1)	26.07. Freitag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 HOT IRON® Cross Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.00 Outdoor Circle Fitness Team (Outdoor Park) 12.15-13.15 Ashtanga Yoga Guido (Raum 1/2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum)
24.07. Mittwoch 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 10.00-10.30 Faszien Stretch Fitness Team (Raum 2) 12.15-13.05 Body Toning Lena (Raum 1) 12.15-13.05 TRX® Fitness Team (freie Fläche TRX) 18.15-19.10 Bauch Beine Po Fitness Team (Raum 2) 18.00-19.00 Cycling virtuelles Training (Cycling Raum) 18.30-19.30 SYNRGY 360 Circuit Fitness Team (Functional Training) 19.00-20.15 Vinyasa Yoga Aline (Raum 1) 19.15-20.00 Dance Fitness Lena (Raum 2)	27.07. Samstag 09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Mobility Flow Lena (Raum 1) 10.00-11.00 Cycling virtuelles Training (Cycling Raum) 28.07. Sonntag 09.00-10.00 Cycling virtuelles Training (Cycling Raum) 10.00-11.00 SYNRGY 360 Circuit Fitness Team (Functional Training)

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29.07. Montag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Vinyasa Yoga Aline (Raum 2) 09.00-10.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 12.15-13.00 Burning Butt Fitness Team (Hammer Athletic Parc) 12.15-13.00 CORE strength Fitness Team (Raum 1) 18.00-19.00 Cycling virtuelles Training (Cycling Raum) 18.15-19.10 Body Toning Aline (Raum 1) 19.00-20.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 19.15-20:30 Sivananda Yoga Guido (Raum 1)	01.08. Donnerstag Nationalfeiertag 10.00-11.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 
30.07. Dienstag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Bauch Beine Po Joanna (Raum 1) 10.05-10.25 hardCORE Joanna (Raum 1)	02.08. Freitag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Langhanteltraining Lena (Raum 1) 10.05-10.25 hardCORE Lena (Raum 1) 12.15-13.00 Outdoor Circle Fitness Team (Outdoor Park) 12.15-13.15 Ashtanga Yoga Guido (Raum 1/2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum)
31.07. Mittwoch 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 10.00-10.30 Faszien Stretch Fitness Team (Raum 2) 12.15-13.05 Body Toning Lena (Raum 1) 12.15-13.05 TRX® Fitness Team (freie Fläche TRX) 18.15-19.10 Bauch Beine Po Lena (Raum 2) 18.00-19.00 Cycling virtuelles Training (Cycling Raum) 18.30-19.30 SYNRGY 360 Circuit Fitness Team (Functional Training) 19.00-20.15 Vinyasa Yoga Aline (Raum 1) 19.15-20.00 Dance Fitness Lena (Raum 2)	03.08. Samstag 09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Mobility Flow Lena (Raum 1) 10.00-11.00 Cycling virtuelles Training (Cycling Raum) 10.00-11.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 04.08. Sonntag 09.00-10.00 Cycling virtuelles Training (Cycling Raum)

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05.08. Montag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 12.15-13.00 CORE strength Fitness Team (Raum 1) 18.00-19.00 Cycling virtuelles Training (Cycling Raum) 19.00-20.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 19.15-20:30 Sivananda Yoga Guido (Raum 1)	08.08. Donnerstag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Pilates Caroline (Raum 2) 12.00-13.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 18.30-19.30 Cycling virtuelles Training (Cycling Raum) 18.30-19.30 Cross Workout Lena (Raum 1/2)
06.08. Dienstag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 HOT IRON® 2 Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.15 Yoga Aline (Raum 2) 18.00-18.55 Full Body Conditioning Aline (Raum 1) 18.00-19.25 Pilates Guido (Raum 2) 19.00-19.55 HOT IRON® 1 Aline (Raum 1)	09.08. Freitag 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 HOT IRON® Cross Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.00 Outdoor Circle Fitness Team (Outdoor Park) 12.15-13.15 Ashtanga Yoga Guido (Raum 1/2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum)
07.08. Mittwoch 06.15-07.15 Cycling virtuelles Training (Cycling Raum) 10.00-10.30 Faszien Stretch Fitness Team (Raum 2) 12.15-13.05 Body Toning Lena (Raum 1) 12.15-13.05 TRX® Fitness Team (freie Fläche TRX) 18.15-19.10 Bauch Beine Po Lena (Raum 2) 18.00-19.00 Cycling virtuelles Training (Cycling Raum) 19.00-20.15 Vinyasa Yoga Aline (Raum 1) 19.15-20.00 Dance Fitness Lena (Raum 2)	10.08. Samstag 09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Mobility Flow Lena (Raum 1) 10.00-11.00 Cycling virtuelles Training (Cycling Raum)
	11.08. Sonntag 09.00-10.00 Cycling virtuelles Training (Cycling Raum) 10.00-11.00 SYNRGY 360 Circuit Fitness Team (Functional Training)

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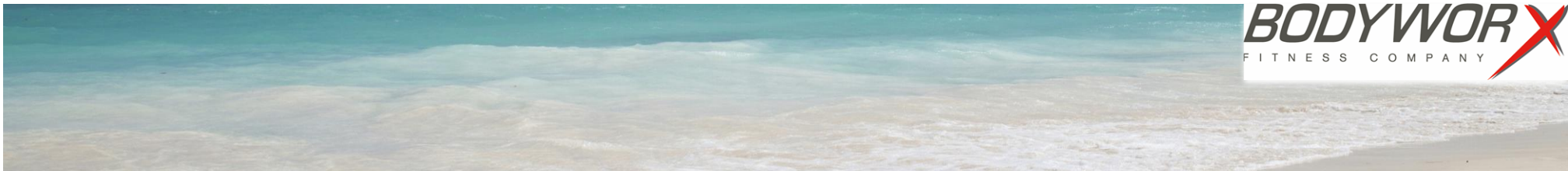
<p>12.08. Montag</p> <p>06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Vinyasa Yoga Aline (Raum 2) 09.00-10.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 12.15-13.00 Burning Butt Fitness Team (Hammer Athletic Parc) 12.15-13.00 CORE strength Fitness Team (Raum 1) 18.00-19.00 Cycling virtuelles Training (Cycling Raum) 18.15-19.10 Body Toning Aline (Raum 1) 19.00-20.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 19.15-20.30 Sivananda Yoga Guido (Raum 1)</p>	<p>15.08. Donnerstag</p> <p>Maria Himmelfahrt</p> <p>10.00-11.00 SYNRGY 360 Circuit Fitness Team (Functional Training)</p>
<p>13.08. Dienstag</p> <p>06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 HOT IRON® 2 Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.05 bodyART® STRENGTH Caroline (Raum 2) 18.00-18.55 Full Body Conditioning Aline (Raum 1) 18.00-19.25 Pilates Caroline (Raum 2) 19.00-19.55 HOT IRON® 1 Aline (Raum 1)</p>	<p>16.08. Freitag</p> <p>06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 HOT IRON® Cross Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.00 Outdoor Circle Fitness Team (Outdoor Park) 12.15-13.15 Ashtanga Yoga Guido (Raum 1/2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum)</p>
<p>14.08. Mittwoch</p> <p>06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 10.00-10.30 Faszien Stretch Fitness Team (Raum 2) 12.15-13.05 Body Toning Lena (Raum 1) 12.15-13.05 TRX® Fitness Team (freie Fläche TRX) 18.15-19.10 Bauch Beine Po Lena (Raum 2) 18.00-19.00 Cycling virtuelles Training (Cycling Raum) 18.30-19.30 SYNRGY 360 Circuit Fitness Team (Functional Training) 19.00-20.15 Vinyasa Yoga Aline (Raum 1) 19.15-20.00 Dance Fitness Lena (Raum 2)</p>	<p>17.08. Samstag</p> <p>10.00-11.00 Cycling virtuelles Training (Cycling Raum)</p> <hr/> <p>18.08. Sonntag</p> <p>09.00-10.00 Cycling virtuelles Training (Cycling Raum)</p>

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19.08. Montag	22.08. Donnerstag
<p>06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Vinyasa Yoga Aline (Raum 2) 09.00-10.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 12.15-13.00 Burning Butt Fitness Team (Hammer Athletic Parc) 12.15-13.00 CORE strength Fitness Team (Raum 1) 18.00-19.00 Cycling virtuelles Training (Cycling Raum) 18.15-19.10 Body Toning Aline (Raum 1) 19.00-20.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 19.15-20:30 Sivananda Yoga Guido (Raum 1)</p>	<p>06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Pilates Caroline (Raum 2) 12.00-13.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 18.30-19.30 Cycling virtuelles Training (Cycling Raum) 18.30-19.30 Cross Workout Lena (Raum 1/2)</p>
20.08. Dienstag	23.08. Freitag
<p>06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 HOT IRON® 2 Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.05 bodyART® STRENGTH Caroline (Raum 2) 18.00-18.55 Full Body Conditioning Aline (Raum 1) 18.00-19.25 Pilates Caroline (Raum 2) 19.00-19.55 HOT IRON® 1 Aline (Raum 1)</p>	<p>06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 HOT IRON® Cross Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.00 Outdoor Circle Fitness Team (Outdoor Park) 12.15-13.15 Ashtanga Yoga Guido (Raum 1/2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum)</p>
21.08. Mittwoch	24.08. Samstag
<p>06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 10.00-10.30 Faszien Stretch Fitness Team (Raum 2) 12.15-13.05 Body Toning Lena (Raum 1) 12.15-13.05 TRX® Fitness Team (freie Fläche TRX) 18.15-19.10 Bauch Beine Po Lena (Raum 2) 18.00-19.00 Cycling virtuelles Training (Cycling Raum) 19.00-20.15 Vinyasa Yoga Aline (Raum 1) 19.15-20.00 Dance Fitness Lena (Raum 2)</p>	<p>09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Mobility Flow Lena (Raum 1) 10.00-11.00 Cycling virtuelles Training (Cycling Raum) 10.00-11.00 SYNRGY 360 Circuit Fitness Team (Functional Training)</p>
	25.08. Sonntag
	<p>09.00-10.00 Cycling virtuelles Training (Cycling Raum) 10.00-11.00 SYNRGY 360 Circuit Fitness Team (Functional Training)</p>

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<p>26.08. Montag</p> <p>06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Vinyasa Yoga Aline (Raum 2) 09.00-10.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 12.15-13.00 Burning Butt Fitness Team (Hammer Athletic Parc) 12.15-13.00 CORE strength Fitness Team (Raum 1) 18.00-19.00 Cycling virtuelles Training (Cycling Raum) 18.15-19.10 Body Toning Aline (Raum 1) 19.00-20.00 SYNRGY 360 Circuit Fitness Team (Functional Training) 19.15-20.30 Sivananda Yoga Guido (Raum 1)</p>	<p>29.08. Donnerstag</p> <p>06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Pilates Caroline (Raum 2) 18.30-19.30 Cycling virtuelles Training (Cycling Raum) 18.30-19.30 Cross Workout Lena (Raum 1/2)</p>
<p>27.08. Dienstag</p> <p>06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 HOT IRON® 2 Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.05 bodyART® STRENGTH Caroline (Raum 2) 18.00-18.55 Full Body Conditioning Aline (Raum 1) 18.00-19.25 Pilates Caroline (Raum 2) 19.00-19.55 HOT IRON® 1 Aline (Raum 1)</p>	<p>30.08. Freitag</p> <p>06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 HOT IRON® Cross Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.00 Outdoor Circle Fitness Team (Outdoor Park) 12.15-13.15 Ashtanga Yoga Guido (Raum 1/2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum)</p>
<p>28.08. Mittwoch</p> <p>06.15-07.15 Cycling virtuelles Training (Cycling Raum) 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 10.00-10.30 Faszien Stretch Fitness Team (Raum 2) 12.15-13.05 Body Toning Lena (Raum 1) 12.15-13.05 TRX® Fitness Team (freie Fläche TRX) 18.15-19.10 Bauch Beine Po Lena (Raum 2) 18.00-19.00 Cycling virtuelles Training (Cycling Raum) 18.30-19.30 SYNRGY 360 Circuit Fitness Team (Functional Training) 19.00-20.15 Vinyasa Yoga Aline (Raum 1) 19.15-20.00 Dance Fitness Lena (Raum 2)</p>	<p>31.08. Samstag</p> <p>09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Mobility Flow Lena (Raum 1) 10.00-11.00 Cycling virtuelles Training (Cycling Raum)</p> <p>01.09. Sonntag</p> <p>09.00-10.00 Cycling virtuelles Training (Cycling Raum) 10.00-11.00 SYNRGY 360 Circuit Fitness Team (Functional Training)</p>



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