

Sommerkursplan KW 27 Juli 2021

05.07. Montag 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 08.00-08.45 4 D Sling Pro* Aline (Fläche OG) 09.00-10.00 Vinyasa Yoga Aline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.10 Full Body Toning Aline (Raum 1) 18.30-19.30 Cycling virtuelles Training (Cycling Raum) 19.15-20.45 Sivananda Yoga Guido (Raum 2)	08.07. Donnerstag 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Power Pilates Caroline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.00 HIIT Lena (Raum 1) 19.10-19.55 Cross Workout Lena (Raum 1)
06.07. Dienstag 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) 12.15-13.00 Tabata Pilates Caroline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.00-19.00 Pilates Caroline (Raum 2) 18.15-19.10 Full Body Conditioning Aline (Raum 1) 19.15-20.15 HOT IRON® 1 Aline (Raum 1)	09.07. Freitag 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) 12.15-13.15 Cycling virtuelles Training (Cycling Raum)
07.07. Dienstag 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Fitness Team (Raum 1) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.05 Bauch Beine Po Aline (Raum 1) 19.15-20.30 Vinyasa Yoga Aline (Raum 1)	10.07. Samstag 11.07. Sonntag

Sommerkursplan KW 28 Juli 2021

12.07. Montag 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 08.00-08.45 4 D Sling Pro* Aline (Fläche OG) 09.00-10.00 Vinyasa Yoga Aline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.10 Full Body Toning Aline (Raum 1) 18.30-19.30 Cycling virtuelles Training (Cycling Raum)	15.07. Donnerstag 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Power Pilates Aline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.00 HIIT Lena (Raum 1) 19.10-19.55 Cross Workout Lena (Raum 1)
13.07. Dienstag 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) 12.15-13.00 Tabata Pilates Aline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.10 Full Body Conditioning Aline (Raum 1) 19.15-20.15 HOT IRON® 1 Aline (Raum 1)	16.07. Freitag 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) 12.15-13.15 Cycling virtuelles Training (Cycling Raum)
14.07. Mittwoch 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.05 Bauch Beine Po Aline (Raum 1) 19.15-20.30 Vinyasa Yoga Aline (Raum 1)	17.07. Samstag 09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Lena (Raum 1) 18.07. Sonntag

Sommerkursplan KW 29 Juli 2021

19.07. Montag 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 08.00-08.45 4 D Sling Pro* Aline (Fläche OG) 09.00-10.00 Vinyasa Yoga Aline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.10 Full Body Toning Aline (Raum 1) 18.30-19.30 Cycling virtuelles Training (Cycling Raum)	22.07. Donnerstag 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.00 HIIT Lena (Raum 1) 19.10-19.55 Cross Workout Lena (Raum 1)
20.07. Dienstag 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) 12.15-13.00 Tabata Pilates Aline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.10 Full Body Conditioning Aline (Raum 1) 19.15-20.15 HOT IRON® 1 Aline (Raum 1)	23.07. Freitag 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) 12.15-13.15 Cycling virtuelles Training (Cycling Raum)
21.07. Mittwoch 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Fitness Team (Raum 1) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.05 Bauch Beine Po Aline (Raum 1) 19.15-20.30 Vinyasa Yoga Aline (Raum 1)	24.07. Samstag 09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Lena (Raum 1) 25.07. Sonntag

Sommerkursplan KW 30 Juli/August 2021

26.07. Montag 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 08.00-08.45 4 D Sling Pro* Aline (Fläche OG) 09.00-10.00 Vinyasa Yoga Aline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.10 Full Body Toning Aline (Raum 1) 18.30-19.30 Cycling virtuelles Training (Cycling Raum)	29.07. Donnerstag 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.00 HIIT Lena (Raum 1) 19.10-19.55 Cross Workout Lena (Raum 1)
27.07. Dienstag 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) 12.15-13.00 Tabata Pilates Aline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.10 Full Body Conditioning Aline (Raum 1) 19.15-20.15 HOT IRON® 1 Aline (Raum 1)	30.07. Freitag 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 12.15-13.15 Cycling virtuelles Training (Cycling Raum)
28.07. Mittwoch 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Fitness Team (Raum 1) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.05 Bauch Beine Po Aline (Raum 1) 19.15-20.30 Vinyasa Yoga Aline (Raum 1)	31.07. Samstag 09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Lena (Raum 1) 01.08. Sonntag Nationalfeiertag 

Sommerkursplan KW 31 August 2021

02.08. Montag 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 08.00-08.45 4 D Sling Pro* Aline (Fläche OG) 09.00-10.00 Vinyasa Yoga Aline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.10 Full Body Toning Aline (Raum 1) 18.30-19.30 Cycling virtuelles Training (Cycling Raum) 19.15-20.45 Sivananda Yoga Guido (Raum 2)	05.08. Donnerstag 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Power Pilates Caroline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.00 HIIT Lena (Raum 1) 19.10-19.55 Cross Workout Lena (Raum 1)
03.08. Dienstag 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) 12.15-13.00 Tabata Pilates Caroline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.00-19.00 Pilates Caroline (Raum 2) 18.15-19.10 Full Body Conditioning Aline (Raum 1) 19.15-20.15 HOT IRON® 1 Aline (Raum 1)	06.08. Freitag 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) 12.15-13.15 Cycling virtuelles Training (Cycling Raum)
04.08. Mittwoch 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Fitness Team (Raum 1) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.05 Bauch Beine Po Aline (Raum 1) 19.15-20.30 Vinyasa Yoga Aline (Raum 1)	07.08. Samstag 09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Lena (Raum 1) 08.08. Sonntag

Sommerkursplan KW 32 August 2021

09.08. Montag	12.08. Donnerstag
08.30-09.30 Cycling virtuelles Training (Cycling Raum) 08.00-08.45 4 D Sling Pro* Aline (Fläche OG) 09.00-10.00 Vinyasa Yoga Aline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.10 Full Body Toning Aline (Raum 1) 18.30-19.30 Cycling virtuelles Training (Cycling Raum) 19.15-20.45 Sivananda Yoga Guido (Raum 2)	08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Power Pilates Caroline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.00 HIIT Lena (Raum 1) 19.10-19.55 Cross Workout Lena (Raum 1)
10.08. Dienstag	13.08. Freitag
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) 12.15-13.00 Tabata Pilates Caroline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.00-19.00 Pilates Caroline (Raum 2) 18.15-19.10 Full Body Conditioning Aline (Raum 1) 19.15-20.15 HOT IRON® 1 Aline (Raum 1)	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) 12.15-13.15 Cycling virtuelles Training (Cycling Raum)
11.08. Mittwoch	14.08. Samstag
08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Fitness Team (Raum 1) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.05 Bauch Beine Po Aline (Raum 1) 19.15-20.30 Vinyasa Yoga Aline (Raum 1)	09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Lena (Raum 1)
	15.08. Sonntag Maria Himmelfahrt

Sommerkursplan KW 33 August 2021

16.08. Montag 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 08.00-08.45 4 D Sling Pro* Aline (Fläche OG) 09.00-10.00 Vinyasa Yoga Aline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.10 Full Body Toning Aline (Raum 1) 18.30-19.30 Cycling virtuelles Training (Cycling Raum) 19.15-20.45 Sivananda Yoga Guido (Raum 2)	19.08. Donnerstag 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Power Pilates Caroline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.00 HIIT Lena (Raum 1) 19.10-19.55 Cross Workout Lena (Raum 1)
17.08. Dienstag 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) 12.15-13.00 Tabata Pilates Caroline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.00-19.00 Pilates Caroline (Raum 2) 18.15-19.10 Full Body Conditioning Aline (Raum 1) 19.15-20.15 HOT IRON® 1 Aline (Raum 1)	20.08. Freitag 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) 12.15-13.15 Cycling virtuelles Training (Cycling Raum)
18.08. Mittwoch 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Fitness Team (Raum 1) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.05 Bauch Beine Po Aline (Raum 1) 19.15-20.30 Vinyasa Yoga Aline (Raum 1)	21.08. Samstag 09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Lena (Raum 1) 22.08. Sonntag

Sommerkursplan KW 34 August 2021

23.08. Montag 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 08.00-08.45 4 D Sling Pro* Aline (Fläche OG) 09.00-10.00 Vinyasa Yoga Aline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.10 Full Body Toning Aline (Raum 1) 18.30-19.30 Cycling virtuelles Training (Cycling Raum) 19.15-20.45 Sivananda Yoga Guido (Raum 2)	26.08. Donnerstag 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-10.00 Power Pilates Caroline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.00 HIIT Lena (Raum 1) 19.10-19.55 Cross Workout Lena (Raum 1)
24.08. Dienstag 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) 12.15-13.00 Tabata Pilates Caroline (Raum 2) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.00-19.00 Pilates Caroline (Raum 2) 18.15-19.10 Full Body Conditioning Aline (Raum 1) 19.15-20.15 HOT IRON® 1 Aline (Raum 1)	27.08. Freitag 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) 12.15-13.15 Cycling virtuelles Training (Cycling Raum)
25.08. Mittwoch 08.30-09.30 Cycling virtuelles Training (Cycling Raum) 09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Fitness Team (Raum 1) 12.15-13.15 Cycling virtuelles Training (Cycling Raum) 18.15-19.05 Bauch Beine Po Aline (Raum 1) 19.15-20.30 Vinyasa Yoga Aline (Raum 1)	28.08. Samstag 09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Lena (Raum 1) 29.08. Sonntag