

Sommerkursplan KW 28 Juli 2021

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| <p>12.07. Montag</p> <p>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)</p> | <p>15.07. Donnerstag</p> <p>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)</p> |
| <p>13.07. Dienstag</p> <p>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)</p> | <p>16.07. Freitag</p> <p>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)</p> |
| <p>14.07. Mittwoch</p> <p>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)</p> | <p>17.07. Samstag</p> <p>09.00-09.55 Full Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Lena (Raum 1)</p> <hr/> <p>18.07. Sonntag</p> |