

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 