

# Sommerkursplan KW 33 August 2021

<p><b>16.08. Montag</b></p> <p>08.30-09.30 <b>Cycling</b> virtuelles Training (Cycling Raum)        08.00-08.45 <b>4 D Sling Pro*</b> Aline (Fläche OG)        09.00-10.00 <b>Vinyasa Yoga</b> Aline (Raum 2)        12.15-13.15 <b>Cycling</b> virtuelles Training (Cycling Raum)        18.15-19.10 <b>Full Body Toning</b> Aline (Raum 1)        18.30-19.30 <b>Cycling</b> virtuelles Training (Cycling Raum)        19.15-20:45 <b>Sivananda Yoga</b> Guido (Raum 2)</p>	<p><b>19.08. Donnerstag</b></p> <p>08.30-09.30 <b>Cycling</b> virtuelles Training (Cycling Raum)        09.00-10.00 <b>Power Pilates</b> Caroline (Raum 2)        12.15-13.15 <b>Cycling</b> virtuelles Training (Cycling Raum)        18.15-19.00 <b>HIIT</b> Lena (Raum 1)        19.10-19.55 <b>Cross Workout</b> Lena (Raum 1)</p>
<p><b>17.08. Dienstag</b></p> <p>08.30-09.30 <b>Cycling</b> virtuelles Training (Cycling Raum)        09.00-10.00 <b>HOT IRON® 2</b> Aline (Raum 1)        10.05-10.25 <b>hardCORE</b> Aline (Raum 1)        12.15-13.00 <b>Tabata Pilates</b> Caroline (Raum 2)        12.15-13.15 <b>Cycling</b> virtuelles Training (Cycling Raum)        18.00-19.00 <b>Pilates</b> Caroline (Raum 2)        18.15-19.10 <b>Full Body Conditioning</b> Aline (Raum 1)        19.15-20.15 <b>HOT IRON® 1</b> Aline (Raum 1)</p>	<p><b>20.08. Freitag</b></p> <p>08.30-09.30 <b>Cycling</b> virtuelles Training (Cycling Raum)        09.00-10.00 <b>HOT IRON® Cross</b> Aline (Raum 1)        10.05-10.25 <b>hardCORE</b> Aline (Raum 1)        12.15-13.15 <b>Cycling</b> virtuelles Training (Cycling Raum)</p>
<p><b>18.08. Mittwoch</b></p> <p>08.30-09.30 <b>Cycling</b> virtuelles Training (Cycling Raum)        09.00-09.55 <b>Full Body Conditioning</b> Lena (Raum 1)        10.00-10.30 <b>Faszien Stretch</b> Fitness Team (Raum 1)        12.15-13.15 <b>Cycling</b> virtuelles Training (Cycling Raum)        18.15-19.05 <b>Bauch Beine Po</b> Aline (Raum 1)        19.15-20.30 <b>Vinyasa Yoga</b> Aline (Raum 1)</p>	<p><b>21.08. Samstag</b></p> <p>09.00-09.55 <b>Full Body Conditioning</b> Lena (Raum 1)        10.00-10.30 <b>Faszien Stretch</b> Lena (Raum 1)</p> <hr/> <p><b>22.08. Sonntag</b></p>