

Advent Kursplan

<p>29.11.2021 Montag</p> <p>08.00-08.45 4D PRO Sling®* Aline (OG) 08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-10.00 Vinyasa Yoga “Vier Kerzen” Aline (Raum 2) 12.15-13.15 Indoor Cycling virtuelles Training (Cycling Lounge) 18.15-19.10 Body Toning Aline (Raum 1) 18.30-19.30 Indoor Cycling* Maria (Cycling Lounge) 18.30-19.30 PilatesCare Iwona (Raum 2)</p>	<p>02.12.2021 Donnerstag</p> <p>08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-10.00 Power Pilates Caroline (Raum 2) 12.15-13.15 Indoor Cycling virtuelles Training (Cycling Lounge) 18.15-19.00 HIIT Lena (Raum 1) 18.30-19.30 Indoor Cycling* Maria (Cycling Lounge) 19.10-20.05 Body Toning Lena (Raum 1)</p>
<p>30.11.2021 Dienstag</p> <p>08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-10.00 HOT IRON® Cross Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 18.00-19.00 Pilates Caroline (Raum 2) 18.15-19.10 Body Conditioning Aline (Raum 1) 18.30-19.30 Indoor Cycling* Pino (Cycling Lounge) 19.00-19.30 Faszien Stretch Caroline (Raum 2) 19.15-20.15 HOT IRON® 2 Aline (Raum 1)</p>	<p>03.12.2021 Freitag</p> <p>08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-10.00 HOT IRON® 1 Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.15 Indoor Cycling virtuelles Training (Cycling Lounge) 12.15-13.00 4D PRO Sling®* Aline (OG)</p>
<p>01.12.2021 Mittwoch</p> <p>08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-09.55 Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Lena (Raum 1) 12.15-13.15 Indoor Cycling virtuelles Training (Cycling Lounge) 12.15-13.00 TRX® Aline (OG) 18.15-19.05 Bauch Beine Po Aline (Raum 2) 19.15-20.30 Vinyasa Yoga “die Zeit” Aline (Raum 2) 19.15-20.00 HIIT Lena (Raum 1)</p>	<p>04.12.2021 Samstag</p> <p>09.00-10.00 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-09.55 Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Lena (Raum 1)</p> <p>05.12.2021 Sonntag</p> <p>10.00-11.15 Indoor Cycling* Nadia (Cycling Lounge)</p>

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<p>06.12.2021 Montag</p> <p>08.00-08.45 4D PRO Sling®* Aline (OG) 08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-10.00 Vinyasa Yoga "Achtsamkeit" Aline (Raum 2) 12.15-13.15 Indoor Cycling virtuelles Training (Cycling Lounge) 18.15-19.10 Body Toning Aline (Raum 1) 18.30-19.30 Indoor Cycling* Maria (Cycling Lounge) 18.30-19.30 PilatesCare Iwona (Raum 2)</p>	<p>09.12.2021 Donnerstag</p> <p>08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 12.15-13.15 Indoor Cycling virtuelles Training (Cycling Lounge) 18.15-19.00 HIIT Lena (Raum 1) 18.30-19.30 Indoor Cycling* Maria (Cycling Lounge) 19.10-20.05 Body Toning Lena (Raum 1)</p>
<p>07.12.2021 Dienstag</p> <p>08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-10.00 HOT IRON® Cross Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 18.00-19.00 Pilates Caroline (Raum 2) 18.15-19.10 Body Conditioning Aline (Raum 1) 18.30-19.30 Indoor Cycling* Pino (Cycling Lounge) 19.00-19.30 Faszien Stretch Caroline (Raum 2) 19.15-20.15 HOT IRON® 2 Aline (Raum 1)</p>	<p>10.12.2021 Freitag</p> <p>08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-10.00 HOT IRON® 1 Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.15 Indoor Cycling virtuelles Training (Cycling Lounge)</p>
<p>08.12.2021 Mittwoch</p> <p style="text-align: center;">Maria Empfängnis</p>	<p>11.12.2021 Samstag</p> <p>09.00-10.00 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-09.55 Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Lena (Raum 1)</p>
	<p>12.12.2021 Sonntag</p> <p>10.00-11.15 Indoor Cycling* Nadia (Cycling Lounge)</p>

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<p>13.12.2021 Montag</p> <p>08.00-08.45 4D PRO Sling®* Aline (OG) 08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-10.00 Vinyasa Yoga “zurück zu dir” Aline (Raum 2) 12.15-13.15 Indoor Cycling virtuelles Training (Cycling Lounge) 18.15-19.10 Body Toning Aline (Raum 1) 18.30-19.30 Indoor Cycling* Maria (Cycling Lounge) 18.30-19.30 PilatesCare Iwona (Raum 2)</p>	<p>16.12.2021 Donnerstag</p> <p>08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-10.00 Power Pilates Caroline (Raum 2) 12.15-13.15 Indoor Cycling virtuelles Training (Cycling Lounge) 18.15-19.00 HIIT Lena (Raum 1) 18.30-19.30 Indoor Cycling* Maria (Cycling Lounge) 19.10-20.05 Body Toning Lena (Raum 1)</p>
<p>14.12.2021 Dienstag</p> <p>08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-10.00 HOT IRON® Cross Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 18.00-19.00 Pilates Caroline (Raum 2) 18.15-19.10 Body Conditioning Aline (Raum 1) 18.30-19.30 Indoor Cycling* Pino (Cycling Lounge) 19.00-19.30 Faszien Stretch Caroline (Raum 2) 19.15-20.15 HOT IRON® 2 Aline (Raum 1)</p>	<p>17.12.2021 Freitag</p> <p>08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-10.00 HOT IRON® 1 Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 12.15-13.15 Indoor Cycling virtuelles Training (Cycling Lounge)</p>
<p>15.12.2021 Mittwoch</p> <p>08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-09.55 Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Lena (Raum 1) 12.15-13.15 Indoor Cycling virtuelles Training (Cycling Lounge) 12.15-13.00 TRX® Aline (OG) 18.15-19.05 Bauch Beine Po Aline (Raum 2) 19.15-20.30 Vinyasa Yoga “Spuren im Sand” Aline (Raum 2) 19.15-20.00 HIIT Lena (Raum 1)</p>	<p>18.12.2021 Samstag</p> <p>09.00-10.00 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-09.55 Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Lena (Raum 1)</p> <p>19.12.2021 Sonntag</p> <p>10.00-11.15 Indoor Cycling* Nadia (Cycling Lounge)</p>

Advent-/ Weihnachten Kursplan

<p>20.12.2021 Montag</p> <p>08.00-08.45 4D PRO Sling®* Aline (OG) 08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-10.00 Vinyasa Yoga “inneres Leuchten” Aline (Raum 2) 12.15-13.15 Indoor Cycling virtuelles Training (Cycling Lounge) 18.15-19.10 Body Toning Aline (Raum 1) 18.30-19.30 Indoor Cycling* Maria (Cycling Lounge) 18.30-19.30 PilatesCare Iwona (Raum 2)</p>	<p>23.12.2021 Donnerstag</p> <p>08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 12.15-13.15 Indoor Cycling virtuelles Training (Cycling Lounge) 18.15-19.00 HIIT Lena (Raum 1) 18.30-19.30 Indoor Cycling* Maria (Cycling Lounge) 19.10-20.05 Body Toning Lena (Raum 1)</p>
<p>21.12.2021 Dienstag</p> <p>08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-10.00 HOT IRON® Cross Aline (Raum 1) 10.05-10.25 hardCORE Aline (Raum 1) 18.15-19.10 Body Conditioning Aline (Raum 1) 18.30-19.30 Indoor Cycling* Pino (Cycling Lounge) 19.15-20.15 HOT IRON® 2 Aline (Raum 1)</p>	<p>24.12.2021 Freitag</p> <p>Wir wünschen frohe Weihnachten</p>
<p>22.12.2021 Mittwoch</p> <p>08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-09.55 Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Lena (Raum 1) 12.15-13.15 Indoor Cycling virtuelles Training (Cycling Lounge) 12.15-13.00 TRX® Aline (OG) 18.15-19.05 Bauch Beine Po Aline (Raum 2) 19.15-20.30 Vinyasa Yoga “Weihnachtsmärchen” Aline (Raum 2) 19.15-20.00 HIIT Lena (Raum 1)</p>	<p>25.12.2021 Samstag</p> <p>Wir wünschen frohe Weihnachten</p> <p>26.12.2021 Sonntag</p> <p>Wir wünschen frohe Weihnachten</p>

Silvester Kursplan

<p>27.12.2021 Montag</p> <p>08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 12.15-13.15 Indoor Cycling virtuelles Training (Cycling Lounge) 18.30-19.30 Indoor Cycling* Maria (Cycling Lounge)</p>	<p>30.12.2021 Donnerstag</p> <p>08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 12.15-13.15 Indoor Cycling virtuelles Training (Cycling Lounge) 18.15-19.00 HIIT Lena (Raum 1) 18.30-19.30 Indoor Cycling* Maria (Cycling Lounge) 19.10-20.05 Body Toning Lena (Raum 1)</p>
<p>28.12.2021 Dienstag</p> <p>08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 12.15-13.15 Indoor Cycling virtuelles Training (Cycling Lounge) 18.30-19.30 Indoor Cycling* Nadia (Cycling Lounge)</p>	<p>31.12.2021 Freitag</p> <p>Guten Rutsch!</p>
<p>29.12.2021 Mittwoch</p> <p>08.30-09.30 Indoor Cycling virtuelles Training (Cycling Lounge) 09.00-09.55 Body Conditioning Lena (Raum 1) 10.00-10.30 Faszien Stretch Lena (Raum 1) 12.15-13.15 Indoor Cycling virtuelles Training (Cycling Lounge) 12.15-13.00 TRX® Aline (OG) 18.15-19.05 Bauch Beine Po Aline (Raum 2) 19.15-20.30 Vinyasa Yoga "Loslassen und Neubeginn" Aline (Raum 2) 19.15-20.00 HIIT Lena (Raum 1)</p>	<p>01.01.2022 Samstag</p> <p>HAPPY NEW YEAR!</p> <p>02.01.2022 Sonntag</p> <p>10.00-11.15 Indoor Cycling* "Fahrt ins neue Jahr" Nadia (Cycling Lounge)</p>