

# FRAUENLAUFTRAININGS

## Regenerationshase

\*geeignet für die Anfängerinnen



### Montag

|                |       |
|----------------|-------|
| Allerheiligen* | 16:00 |
| Schönbrunn*    | 18:00 |
| Lobau          | 18:30 |
| Linz*          | 18:30 |
| Bad Vöslau*    | 18:30 |
| Lobau          | 18:30 |
| Praterstern*   | 19:00 |

### Dienstag

|                                    |       |
|------------------------------------|-------|
| Schönbrunn*                        | 10:00 |
| Aurach am Hongar*                  | 18:00 |
| Marchtrenk                         | 18:00 |
| St. Pölten                         | 18:00 |
| Simmering* + Nordic Walking        | 18:30 |
| Essling*                           | 18:30 |
| Tulln                              | 18:30 |
| Essling                            | 18:30 |
| Alte Donau*                        | 18:45 |
| Hollabrunn* + Nordic Walking       | 18:45 |
| Donaupark*                         | 19:00 |
| Liesing* + Nordic Walking          | 19:00 |
| Türkenschanzpark* + Nordic Walking | 19:00 |
| Altenmarkt a.d. Triesting*         | 19:00 |
| Bratislava                         | 18:30 |

### Mittwoch

|                                  |       |
|----------------------------------|-------|
| Bad Radkersburg - Nordic Walking | 15:15 |
| Sollenau*                        | 18:00 |
| Ernstbrunn*                      | 18:00 |
| Krems*                           | 18:00 |
| Liezen*                          | 18:00 |
| Prater* + Nordic Walking         | 18:30 |
| Seestadt Aspern*                 | 19:00 |
| Floridsdorf*                     | 19:00 |

## Donnerstag

|                        |       |
|------------------------|-------|
| Essling Nordic Walking | 17:00 |
| Kremsmünster*          | 17:45 |
| Steinhofgründe*        | 18:00 |
| Zeiselmauer            | 19:00 |

## Freitag

|                         |       |
|-------------------------|-------|
| Gleisdorf               | 08:00 |
| Pöggstall Girlstraining | 17:30 |
| Pöggstall*              | 18:30 |

## Samstag

|                  |       |
|------------------|-------|
| Strebersdorf*    | 07:35 |
| Prater*          | 09:30 |
| Schönbrunn       | 09:00 |
| Wiener Neustadt* | 09:00 |