

Name des Kurses	Uhrzeit	Trainer/in	Meeting ID Anmeldezeiten	Passwort
Montag				
Pilates für den Rücken	09:00 - 10:00	Felicia	885/2331/5943	861240
Bauch, Beine, Rücken Po	17:00 - 17:50	Leila	871/3048/6905	861670
Functional Training	18:00 - 19:00	Trainerteam HT16	856/6123/0443	682902
Yogalates	18:00 - 19:00	Ramona	823/2182/0028	617563
Dienstag				
Yoga	07:30 - 08:30	Esther	817/4365/0068	643911
Rücken Plus	17:00 - 17:50	Steffen	833/2088/1985	865671
Functional Training	18:00 - 18:45	Trainerteam HT16	860/2906/8040	789425
Mobility + Stretch	19:00 - 19:45	Marie	885/0052/0941	384336
Mittwoch				
Pilates	09:30 - 10:30	Nora	876/6378/4546	121542
Complete Bodyworkout	17:00 - 17:50	Marie	899/9229/2015	449379
Functional Training	18:00 - 18:45	Trainerteam HT16	816/1970/6489	702970
Yoga	19:15 - 20:30	Esther	852/2139/1853	565203
Donnerstag				
Complete Bodyworkout	17:00 - 17:50	Steffen	840/2950/2294	798353
Functional Training	18:00 - 18:45	Trainerteam HT16	836/5928/7192	631310
Yoga	19:00 - 20:00	Domenica	890/8188/2007	177712
Karfreitag				
Functional Training	10:15 - 11:00	Marie	832/9713/1495	831371
Yoga	11:30 - 13:15	Felicia	847/6333/3601	75321
Samstag				
Complete Bodyworkout	10:00 - 11:00	Steffen	880/9854/1927	555396
Yogalates	10:00 - 11:00	Nora	874/3425/2586	831944
Ostersonntag				
Yin und Yang Yoga	11:00 - 12:30	Esther	849 5076 0677	786928