

Name des Kurses	Uhrzeit	Trainer/in	Meeting ID Anmelde Daten	Passwort	Location (Teilnehmer)
Montag					
Pilates für den Rücken	09:00 - 10:00	Felicia	885/2331/5943	861240	zoom
Bauch, Beine, Rücken Po	17:00 - 18:00	Leila	Bei Regen: 871/3048/6905	861670	Thörlspark
Jumping Health	17:00 - 18:00	Marie			Studio 3
Indoorcycling	18:15 - 19:15	Anna			Studio 3
Functional Training	18:00 - 19:00	Trainerteam HT16	856/6123/0443	682902	Dachterrasse plus zoom
Dienstag					
Yoga	07:30 - 08:30	Esther	817/4365/0068	643911	zoom
Functional Training	18:00 - 18:45	Phillip	860/2906/8040	789425	Dachterrasse plus zoom
Zumba	19:00 - 20:00	Cigdem			Studio 3
Hot Iron 1	19:00 - 20:00	Salim			Studio 2
Mobility + Stretch	19:15 - 20:00	Marie	885/0052/0941	384336	zoom
Mittwoch					
Pilates	09:30 - 10:30	Nora	876/6378/4546	121542	zoom
Rücken Plus	17:00 - 18:00	Jan			Thörlspark
DeepWork	18:15 - 19:15	Jan			Thörlspark
Functional Training	18:00 - 18:45	Till	811/8494/5596	717585	Dachterrasse plus zoom
Yoga	19:15 - 20:30	Esther	852/2139/1853	565203	zoom
Donnerstag					
Complete Bodyworkout	18:00 - 19:00	Steffen	878/6772/4066	371111	Dachterrasse plus zoom
Indoor Cycling	19:15 - 20:15	Steffen			Studio 3
Functional Training	18:00 - 18:45	Sophie	Bei Regen 836/5928/7192	631310	Thörlspark
Fight Fitness	19:15 - 20:15	Christian K.			Dachterrasse
Yoga	19:00 - 20:00	Domenica	Bei Regen 890/8188/2007	177712	Thörlspark
Freitag					
Yoga	08:00 - 09:00	Esther	842/4067/9605	763656	zoom
Bauch, Beine, Rücken, Po	09:30 - 10:30	Marie	895/6828/1136	95439	Dachterrasse plus zoom
Bellicon Jumping	17:00 - 18:00	Marie			Studio 3
Samstag					
Bellicon Jumping	10:00 - 11:00	Angelina			Studio 3
Hot Iron 1	11:15 - 12:15	Salim/ Katha			Studio 2
Sonntag					
Rücken Plus	10:00 - 11:00	Felicia			Thörlspark
Yoga	11:15 - 12:45	Felicia	886/1655/7043	215355	Dachterrasse plus zoom