

Name des Kurses	Uhrzeit	Trainer/in	Meeting ID Anmeldedaten	Passwort	1
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
Bellicon Jumping Health	17:00 - 18:00	Marie			Studio 3
Indoorcycling	18:15 - 19:15	Anna			Studio 3
Functional Training	18:00 - 19:00	Phil			Dachterrasse
Yogalates	18:00 - 19:00	Ramona	Bei Regen: 823/2182/0028	617563	Thörlspark
Dienstag					
Yoga	07:30 - 08:30	Esther	817/4365/0068	643911	Zoom
Complete Bodyworkout	17:00 - 18:00	Sarah			Studio 2
Functional Training	18:00 - 18:45	Phillip			Dachterrasse
Dance	19:15 - 20:15	Cigdem			Studio 3
Hot Iron 1	19:00 - 20:00	Salim			Studio 2
Mittwoch					
Rücken Plus	08:00 - 09:00	Marie			Studio 2
Pilates	09:30 - 10:30	Nora	876/6378/4546	121542	Zoom
Rücken Plus	17:00 - 18:00	Jan			Thörlspark
Hot Iron 1	18:15 - 19:15	Jan			Studio 2
Functional Training	18:00 - 18:45	Till			Dachterrasse
Yoga	19:15 - 20:30	Esther	852/2139/1853	565203	Studio 2
Donnerstag					
Langhantel	18:00 - 19:00	Steffen			Studio 2
Indoor Cycling	19:15 - 20:15	Steffen			Studio 3
Functional Training	18:00 - 18:45	Phillip			Dachterrasse
Fight Fitness	19:15 - 20:15	Christian			Dachterrasse
Yoga	19:00 - 20:15	Domenica	Bei Regen 890/8188/2007	177712	Thörlspark
Freitag					
Yoga	08:00 - 09:00	Esther	842/4067/9605	763656	Zoom
Rücken Plus	09:30 - 10:30	Marie	895/6828/1136	95439	Studio 3
Complete Bodyworkout	16:00 - 17:00	Leila			
Bellicon Jumping Health	17:00 - 18:00	Marie			Studio 3
Samstag					
Bellicon Jumping	10:15 - 11:15	Angelina			Studio 3
Hot Iron 1	11:15 - 12:15	Salim/ Katha			Studio 1
Sonntag					
Indoorcycling	10:30 - 11:30	Marie			Studio 3
Rücken Plus	10:15 - 11:15	Felicia			Dachterrasse
Yoga	11:15 - 12:30	Felicia	886/1655/7043	215355	Studio 3