

| Name des Kurses | Uhrzeit | Trainer/in | Meeting ID Anmeldedaten | Passwort |
|---|---------------|------------------|-------------------------|----------|
| Montag | | | | |
| Pilates für den Rücken | 09:00 - 10:00 | Cecilia | 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 |
| Mobility + Stretch | 16:15 - 16:45 | Marie | 885/0052/0941 | 384336 |
| Rücken Plus | 17:00 - 17:50 | Steffen | 833/2088/1985 | 865671 |
| Functional Training | 18:00 - 18:45 | Trainerteam HT16 | 860/2906/8040 | 789425 |
| Mittwoch | | | | |
| Pilates | 09:30 - 10:30 | Nora | 876/6378/4546 | 121542 |
| Hot Iron Home (2 Flaschen, 1 befüllter Rucksack, Tasche) | 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 | 886/9359/9815 | 646724 |
| Freitag | | | | |
| Yoga | 08:00 - 09:00 | Esther | 842/4067/9605 | 763656 |
| Bauch, Beine, Rücken, Po | 09:00 -10:00 | Marie | 895/6828/1136 | 095439 |
| Rücken + Mobilitytraining | 17:00 - 18:00 | Marie | 820/4042//2703 | 827902 |
| Samstag | | | | |
| Complete Bodyworkout | 10:00 - 11:00 | Steffen | 880/9854/1927 | 555396 |
| Yogalates | 11:00 - 12:00 | Nora | 824/4671/4919 | 382536 |
| Sonntag | | | | |
| Rücken Plus | 10:00 - 11:00 | Cecilia | 832/5083/0077 | 949350 |
| Yoga | 11:15 - 12:30 | Christopher | 886/1655/7043 | 215355 |