

Name des Kurses	Uhrzeit	Trainer/in	Meeting ID Anmeldedaten	Passwort	Ort
Montag					
Pilates für den Rücken	09:30 – 10:30	Felicia			Studio 3
Bauch, Beine, Rücken Po	17:00 – 18:00	Andrea			Studio 2
Bellicon Jumping	17:00 – 18:00	Julija			Studio 3
Indoorcycling	18:00 – 19:00	Gaby			Studio 3
Functional Training	18:00 – 18:45	Trainerteam			Energy
Yogalates	18:00 – 19:00	Ramona			Studio 2
Langhantel Workout	19:15 – 20:15	Julija			Studio 2
Dienstag					
Yoga	07:30 – 08:30	Esther	817/4365/0068	643911	Zoom
Complete Bodyworkout	18:00 – 19:00	Alex			Studio 2
Functional Training	18:00 – 18:45	Trainerteam			Energy
Zumba	19:30 – 20:30	Cigdem			Studio 3
Hot Iron 1	19:00 – 20:00	Claas			Studio 2
Fatburner	20:00 – 20:45	Christian			Studio 2
Mittwoch					
Rücken Plus	17:00 – 17:50	Jan			Studio 2
Hot Iron 2	18:00 – 19:00	Jan			Studio 2
Deepwork	19:15 – 20:10	Jan			Studio 1
Pilates	18:00 – 19:00	Esther			Studio 3
Functional Training	18:00 – 18:45	Trainerteam			Energy
Yoga	19:15 – 20:30	Esther			Studio 2
Bellicon Jumping	19:15 – 20:15	Linda			Studio 3
Donnerstag					
Complete Bodyworkout	17:00 – 17:50	Nuriye			Studio 2
Bellicon Health	18:00 – 18:50	Nuriye			Studio 3
Langhantel Workout	18:00 – 19:00	Elke			Studio 2
Indoorcycling	19:15 – 20:15	Petra			Studio 3
Fight Fitness	19:15 – 20:15	Christian			Studio 2
Yoga	19:00 – 20:15	Maria Alejandra			Studio 1
Freitag					
Rücken Plus	09:30 – 10:30	Alex			Studio 3
Complete Bodyworkout	16:30 – 17:20	Claas			Studio 2
Hot Iron Cross	17:30 – 18:30	Claas			Studio 2
Samstag					
Bellicon Jumping	10:15 – 11:15	Angelina			Studio 3
Hot Iron 2	11:30 – 12:30	Salim / Katha			Studio 2
Sonntag					
Indoorcycling	10:30 – 11:30	Sebastian			Studio 3
Rücken Plus	10:15 – 11:15	Felicia			Studio 2
Yoga	11:15 – 12:30	Felicia			Studio 2