

Name des Kurses	Uhrzeit	Trainer/in	Meeting ID Anmeldedaten	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 - 18:45	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
Aktive Pause	12:30 - 13:15	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
Athletic Workout	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				
Workout	09:00 - 10:00	Domenica	894/7472/8897	016880
Aktive Pause	12:30 - 13:15	Marie	885/0052/0941	384336
Rücken Plus	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				
Rücken Plus	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	Felicia	832/5083/0077	949350
Yoga	11:15 - 12:30	Felicia	886/1655/7043	215355