

Name des Kurses	Uhrzeit	Trainer/in	Meeting ID Anmelde­daten	Passwort	Ort
Montag					
Pilates	09:30 – 10:30	Felicia			Studio 3
Bauch, Beine, Rücken Po	17:00 – 18:00	Andrea			Studio 2
Indoorcycling	18:00 – 19:00	Julija			Studio 3
Functional Training	18:00 – 18:45	Trainerteam			Energy
Yogalates	18:00 – 19:00	Ramona			Studio 2
Langhantel Workout	19:15 – 20:15	Dursun			Studio 2
Dienstag					
Yoga	07:30 – 08:30	Esther	817/4365/0068	643911	Zoom
Pilates	17:00 – 18:00	Laura			Studio 2
Complete Bodyworkout	18:00 – 19:00	Sarah			Studio 2
Indoorcycling	18:00 – 19:00	Petra			Studio 3
HIIT	19:00 – 19:45	Sarah			Studio 3
Zumba	19:00 – 20:00	Cigdem			Studio 1
Hot Iron 2	19:00 – 20:00	Claas			Studio 2
Fight Fitness	20:00 – 21:15	Christian			Studio 2
Mittwoch					
Rücken Plus	17:00 – 17:50	Jan			Studio 2
Hot Iron 2	18:00 – 19:00	Jan			Studio 2
Outdoor Workout	18:00 – 19:00	Laura	Treffpunkt vor dem Sportzentrum		Thörls Park
Pilates	18:00 – 19:00	Ramona			Studio 3
Functional Training	18:00 – 18:45	Trainerteam			Energy
Yoga	19:15 – 20:30	Ramona			Studio 2
Bellicon Jumping	19:15 – 20:15	Linda			Studio 3
Donnerstag					
Complete Bodyworkout	17:00 – 17:50	Steffen			Studio 2
Langhantel Workout	18:00 – 19:00	Steffen			Studio 2
Indoorcycling	19:15 – 20:15	Steffen			Studio 3
Fight Fitness	19:15 – 20:15	Christian			Studio 2
Yoga	19:00 – 20:00	Maria			Studio 1
Zumba	20:00 – 21:00	Cigdem			Studio 1
Freitag					
Rücken Plus	09:30 – 10:30	Alex			Studio 3
Complete Bodyworkout	16:30 – 17:30	Elke			Studio 2
Langhantel Workout	17:30 – 18:30	Elke			Studio 2
Bellicon Jumping	17:30 – 18:30	Julija			Studio 3
Samstag					
Yoga	10:00 – 11:25	Jatty			Studio 2
Bellicon Jumping	10:15 – 11:15	Angelina			Studio 3
Hot Iron 1	11:30 – 13:00	Katha / Salim			Studio 2
Sonntag					
Indoorcycling	10:00 – 11:00	Sebastian			Studio 3

Outdoor Workout	10:00 – 11:00	Elke	Treffpunkt vor dem Sportzentrum		Thörls Park
Rücken Plus	10:15 – 11:15	Felicia			Studio 2
Yoga	11:15 – 12:30	Felicia			Studio 2