

Name des Kurses	Uhrzeit	Trainer/in	Meeting ID Anmeldedaten	Passwort	Ort
<b>Montag</b>					
Pilates für den Rücken	09:30 – 10:30	Felicia			Studio 3
Bauch, Beine, Rücken Po	17:00 – 18:00	Andrea			Studio 2
Bellicon Jumping Health	17:00 – 18:00	Linda			Studio 3
Indoorcycling	18:00 – 19:00	Anna			Studio 3
Functional Training	18:00 – 18:45	Trainerteam			Dachterrasse
Yogalates	18:00 – 19:00	Ramona			Studio 2
Hot Iron2	19:15 – 20:15	Anna			Studio 2
<b>Dienstag</b>					
Yoga	07:30 – 08:30	Esther	817/4365/0068	643911	Zoom
Complete Bodyworkout	18:00 – 19:00	Sarah			Studio 2
Functional Training	18:00 – 18:45	Trainerteam			Dachterrasse
Zumba	19:15 – 20:15	Cigdem			Studio 3
Hot Iron 1	19:00 – 20:00	Salim			Studio 2
Fatburner	20:00 – 20:45	Christian			Studio 2
<b>Mittwoch</b>					
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			Dachterrasse
Yoga	19:15 – 20:30	Esther			Studio 2
Belliicon Jumping	19:15 – 20:15	Linda			Studio 3
<b>Donnerstag</b>					
Complete Bodyworkout	17:00 – 17:50	Nuriye			Studio 2
Bellicon Health	18:00 – 18:50	Nuriye			Studio 3
Langhantel	18:00 – 19:00	Steffen			Studio 2
Indoorcycling	19:15 – 20:15	Steffen			Studio 3
Functional Training	18:00 – 18:45	Trainerteam			Dachterrasse
Fight Fitness	19:15 – 20:15	Christian			Studio 2
Yoga	19:00 – 20:15	Domenica			Studio 1
<b>Freitag</b>					
Rücken Plus	09:30 – 10:30				Studio 3
Complete Bodyworkout	16:00 – 17:00	Christel			Studio 2
<b>Samstag</b>					
Bellicon Jumping	10:15 – 11:15	Angelina			Studio 3
Hot Iron 1	11:30 – 12:30	Salim/ Katha			Studio 2
<b>Sonntag</b>					
Indoorcycling	10:30 – 11:30	Sebastian			Studio 3
Rücken Plus	10:15 – 11:15	Felicia			Studio 2
Yoga	11:30 – 12:45	Felicia			Studio 2