

Name des Kurses	Uhrzeit	Trainer/in	Meeting ID Anmelde­daten	Passwort	Ort
<b>Montag</b>					
Pilates	09:30 – 10:30	Laura			Studio 3
Bauch, Beine, Rücken Po	17:00 – 18:00	Andrea			Studio 2
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
<b>Dienstag</b>					
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	Laura			Studio 2
Indoorcycling	18:00 – 19:00	Helge			Studio 3
Zumba	19:00 – 20:00	Cigdem			Studio 1
Choreo Dance	20:00 – 20:45	Cigdem	NEU!		Studio 1
Hot Iron 2	19:00 – 20:00	Claas			Studio 2
Fight Fitness	20:00 – 21:15	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
Outdoor Workout	18:00 – 19:00	Laura	Treffpunkt vor dem Sportzentrum		Thör­ls Park
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
<b>Donnerstag</b>					
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	Helge			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
<b>Freitag</b>					
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	Jörg			Studio 3
<b>Samstag</b>					
Yoga	10:00 – 11:25	Jatty			Studio 2
Bellicon Jumping	10:15 – 11:15	Angelina			Studio 3
Hot Iron 2 Release Party	11:30 – 13:00	Katha / Salim			Studio 2
<b>Sonntag</b>					

Indoorcycling	10:00 – 11:00	Sebastian			Studio 3
Rücken Plus	10:15 – 11:15	Felicia			Studio 2
Complete Bodyworkout	11:15 – 12:15	Elke			Studio 1
Yoga	11:15 – 12:30	Felicia			Studio 2