

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	Marie				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 Iron Cross	19:15 – 20:15	Anna				Studio 2
<b>Dienstag</b>						
Complete Bodyworkout	18:00 – 19:00	Sarah				Studio 2
Functional Training	18:00 – 18:45	Trainerteam				Dachterrasse
Zumba	19:15 – 20:15	Amevi				Studio 3
Langhantel	19:00 – 20:00	Christian				Studio 2
Fatburner	20:00 – 20:45	Christian				Studio 2
<b>Mittwoch</b>						
Rücken Plus	17:00 – 17:50	Jan				Studio 2
Hot Iron Cross	18:00 – 19:00	Jan				Studio 2
Deepwork	19:15 – 20:10	Jan				Studio 1
Pilates	18:00 – 19:00	Christel				Studio 3
Functional Training	18:00 – 18:45	Trainerteam				Dachterrasse
Yoga	19:15 – 20:30	Sara				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	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 – 20:15	Sara				Studio 1
<b>Freitag</b>						
Rücken Plus	09:30 – 10:30	Marie				Studio 3
Bellicon Jumping Health	16:30 – 17:20	Marie				Studio 3
Hot Iron Cross	17:30 – 18:30	Marie				Studio 2
<b>Samstag</b>						
Bellicon Jumping	10:15 – 11:15	Angelina				Studio 3
Hot Iron 2	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	11:15 – 12:30	Felicia				Studio 2