

Name des Kurses	Uhrzeit	Trainer/in	Meeting ID Anmelde­daten	Passwort	Ort
Montag					
Pilates für den Rücken	09:30 – 10:30	Felicia			Studio 3
Bauch, Beine, Rücken Po	17:00 – 18:00	Andrea			Studio 2
Functional Training	18:00 – 18:45	Trainerteam			Dachterrasse
Pilates	18:00 – 19:00	Christel			Studio 2
Dienstag					
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	19:30 – 20:30	Cigdem			Studio 3
Hot Iron 2	19:00 – 20:00	Salim			Studio 2
Fatburner	20:00 – 20:45	Christian			Studio 2
Mittwoch					
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	Esther			Studio 3
Functional Training	18:00 – 18:45	Trainerteam			Dachterrasse
Yoga	19:15 – 20:30	Esther			Studio 2
Bellicon Jumping	19:15 – 20:15	Linda			Studio 3
Donnerstag					
Complete Bodyworkout	17:00 – 17:50	Steffen			Studio 2
Bellicon Health	18:00 – 18:50	Marie			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	Domenica			Studio 1
Freitag					
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
Samstag					
Bellicon Jumping	10:15 – 11:15	Angelina			Studio 3
Hot Iron 2	11:30 – 12:30	Salim / Katha			Studio 2
Sonntag					
Indoorcycling	10:30 – 11:30	Sebastian			Studio 3
Rücken Plus	10:15 – 11:15	Jan			Studio 2
Yoga	11:15 – 12:30	Maria			Studio 2