

| Name des Kurses          | Datum      | Uhrzeit       | Trainer/in       | Meeting ID Anmeldedaten | Passwort |
|--------------------------|------------|---------------|------------------|-------------------------|----------|
| <b>Montag</b>            |            |               |                  |                         |          |
| Pilates meets Rückenfit  | 16.11.2020 | 09:00 - 10:00 | Felicia          | 865 - 6334 - 5089       | 42769    |
| Functional Training      | 16.11.2020 | 18:00 - 18:45 | Korbi            | 861 - 3167 - 7032       | 445988   |
| Bauch Beine Rücken Po    | 16.11.2020 | 17:00 - 18:00 | Leila            | 828 - 2746 - 3514       | 926827   |
| Yogalates                | 16.11.2020 | 18:00 - 19:00 | Ramona           | 823 - 2182 - 0028       | 617563   |
| <b>Dienstag</b>          |            |               |                  |                         |          |
| Yoga                     | 17.11.2020 | 7:30 - 8:30   | Esther           | 817 - 4365 - 0068       | 643911   |
| Workout                  | 17.11.2020 | 09:00 - 10:00 | Marie            | 885 - 5894 - 4328       | 806097   |
| Rücken Plus              | 17.11.2020 | 17:00 - 18:00 | Steffen          | 832 - 2419 - 7388       | 932644   |
| Functional Training      | 17.11.2020 | 18:00 - 18:45 | Philipp          | 833 - 0420 - 3242       | 801490   |
| Hot Iron Home            | 17.11.2020 | 19:00 - 20:00 | Salim            | 882 - 2668 - 0040       | 331596   |
| <b>Mittwoch</b>          |            |               |                  |                         |          |
| Pilates                  | 18.11.2020 | 9:00 - 10:00  | Nora             | 885 - 8856 - 4357       | 227578   |
| Stretch & Relax          | 18.11.2020 | 10:00 - 10:30 | Nora             | 848 - 7476 - 4821       | 798200   |
| Athletic Move            | 18.11.2020 | 17:00 - 18:00 | Marie            | 898 - 9532 - 5645       | 117697   |
| Functional Training      | 18.11.2020 | 18:00 - 18:45 | Trainerteam Ht16 | 882 - 9312 - 6418       | 42566    |
| Yoga                     | 18.11.2020 | 19:15 - 20:30 | Ester            | 852 - 2139 - 1853       | 565203   |
| <b>Donnerstag</b>        |            |               |                  |                         |          |
| Workout                  | 19.11.2020 | 9:00 - 10:00  | Domenica         | 844 - 8319 - 5813       | 163287   |
| Rücken Plus              | 19.11.2020 | 17:00 - 18:00 | Steffen          | 870 - 2979 - 2058       | 102177   |
| Functional Training      | 19.11.2020 | 18:00 - 18:45 | Trainerteam HT16 | 898 - 2246 - 8637       | 381042   |
| Yoga                     | 19.11.2020 | 19:00 - 20:15 | Domenica         | 839 - 9450 - 7145       | 267581   |
| <b>Freitag</b>           |            |               |                  |                         |          |
| Yoga                     | 20.11.2020 | 8:00 - 9:00   | Esther           | 842 - 4067 - 9605       | 763656   |
| Bauch, Beine, Rücken, Po | 20.11.2020 | 9:00 - 10:00  | Marie            | 873 - 7656 - 2824       | 186742   |
| Athletic Move            | 20.11.2020 | 17:00 - 18:00 | Marie            | 870 - 9007 - 8577       | 134891   |
| <b>Samstag</b>           |            |               |                  |                         |          |
| Yogalates                | 21.11.2020 | 09:00 - 10:00 | Nora             | 890 - 6008 - 5787       | 222774   |
| Rücken Plus              | 21.11.2020 | 10:00 - 11:00 | Steffen          | 813 - 6547 - 9108       | 109070   |
| <b>Sonntag</b>           |            |               |                  |                         |          |
| Hot iron Home            | 15.11.2020 | 9:00-10:00    | Salim            | 882 - 9848 - 2858       | 550582   |
| Rücken Plus              | 15.11.2020 | 10:00 - 11:00 | Felicia          | 865 - 6531 - 8511       | 646704   |
| Yoga                     | 15.11.2020 | 11:15 - 12:30 | Felicia          | 898 - 4994 - 4208       | 468696   |

**Anleitung: So trittst du einem Zoom-Meeting bei**

**[https://www.youtube.com/watch?v=-xgl-UofA90&feature=emb\\_title](https://www.youtube.com/watch?v=-xgl-UofA90&feature=emb_title)**

[https://www.youtube.com/watch?v=-xgl-UofA90&feature=emb\\_title](https://www.youtube.com/watch?v=-xgl-UofA90&feature=emb_title) Eigener Zoom Account

[https://www.youtube.com/watch?v=-xgl-UofA90&feature=emb\\_title](https://www.youtube.com/watch?v=-xgl-UofA90&feature=emb_title) Findet nicht in der Ht 16 Statt

[https://www.youtube.com/watch?v=-xgl-UofA90&feature=emb\\_title](https://www.youtube.com/watch?v=-xgl-UofA90&feature=emb_title)