
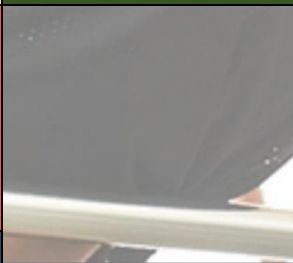


KURSPLAN 04.10. bis 10.10.21

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<p><u>09:00 – 10:00 Uhr</u> BODYPUMP VIRTUELL</p>	<p><u>09:00 - 10:00 Uhr</u> INJOY RÜCKENKURS</p>	<p><u>09:00 - 10:30 Uhr</u> FOREVER FIT BY PILATES</p>		<p><u>09:30 - 10:30 Uhr</u> STARKER RÜCKEN LIVE & STARKER RÜCKEN ZOOM (Meeting-ID: 928 5306 9331, Kenncode: 380363</p>	<p><u>10:00 – 11:30 Uhr</u> YOGA LIVE & YOGA ZOOM (Meeting-ID: 963 7460 9283, Kenncode: 515883)</p>	<p><u>10:30 - 11:30 Uhr</u> SPINNING</p>
		<p><u>09:15-10:15 Uhr</u> SPINNING</p>		<p><u>10:45 - 11:45 Uhr</u> BODYPUMP Virtuell</p>	<p><u>10:45 - 11:45 Uhr</u> BODYBALANCE LIVE & BODYBALANCE ZOOM (Meeting-ID: 962 3857 4719, Kenncode: 302643)</p>	
		<p><u>18:00 - 19:00 Uhr</u> INJOY RÜCKENKURS</p>	<p><u>19:00 – 20:00 Uhr</u> BODYCOMBAT LIVE & BODYCOMBAT ZOOM (Meeting-ID: 944 4941 6857 Kenncode: 038815)</p>	<p><u>18:00 - 19:20 Uhr</u> YOGA LIVE & YOGA ZOOM</p>	<p><u>17:30 - 18:00 Uhr</u> BAUCH BEINE PO</p>	
<p><u>19:15 - 20:15 Uhr</u> BODYPUMP LIVE & BODYPUMP ZOOM (Meeting-ID: 970 1434 6300, Kenncode: 190381)</p>		<p><u>19:30 – 20:50 Uhr</u> YOGA LIVE & YOGA ZOOM</p>	<p><u>18:30 – 20:00 Uhr</u> YOGA LIVE & YOGA ZOOM (Meeting-ID: 925 3120 6979, Kenncode: 970646)</p>			
		<p><u>18:00 – 19:00</u> BODYPUMP LIVE & BODYPUMP ZOOM (Meeting-ID: 961 3546 4580 Kenncode: 427805)</p>		<p><u>18:30 – 19:15 Uhr</u> LES MILLS RPM</p>	<p><u>19:30 – 20:30 Uhr</u> WIRBELSÄULENGYMNASTIK</p>	