

# KURSPLAN 11.10. bis 17.10.21

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<p><u>09:00 – 10:00 Uhr</u> BODYPUMP LIVE</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 &amp; <b>STARKER RÜCKEN ZOOM</b> (Meeting-ID: 928 5306 9331, Kenncode: 380363)</p>	<p><u>10:00 – 11:30 Uhr</u> YOGA LIVE &amp; <b>YOGA ZOOM</b> (Meeting-ID: 963 7460 9283, Kenncode: 515883)</p>	<p><u>10:30 - 11:30 Uhr</u> SPINNING</p>
<p><u>10:00 - 11:00 Uhr</u> STARKER RÜCKEN LIVE &amp; <b>STARKER RÜCKEN ZOOM</b> (Meeting-ID: 961 5231 2943, Kenncode: 022574)</p>	<p><u>10:00 - 11:30 Uhr</u> YOGA LIVE &amp; <b>YOGA ZOOM</b> (Meeting-ID: 918 5246 2128 Concorde: 396896)</p>	<p><u>10:45 - 11:45 Uhr</u> BODYPUMP LIVE</p>		<p><u>10:45 - 11:45 Uhr</u> BODYBALANCE LIVE &amp; <b>BODYBALANCE ZOOM</b> (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 &amp; <b>BODYCOMBAT ZOOM</b> (Meeting-ID: 944 4941 6857 Kenncode: 038815)</p>	<p><u>18:00 - 19:20 Uhr</u> YOGA LIVE &amp; <b>YOGA ZOOM</b></p>	<p><u>17:30 - 18:00 Uhr</u> BAUCH BEINE PO</p>			
<p><u>19:15 - 20:15 Uhr</u> BODYPUMP LIVE &amp; <b>BODYPUMP ZOOM</b> (Meeting-ID: 970 1434 6300, Kenncode: 190381)</p>		<p><u>18:00 – 19:00</u> BODYPUMP LIVE &amp; <b>BODYPUMP ZOOM</b> (Meeting-ID: 961 3546 4580 Kenncode: 427805)</p>	<p><u>18:00 – 19:30 Uhr</u> YOGA LIVE &amp; <b>YOGA ZOOM</b> (Meeting-ID: 925 3120 6979, Kenncode: 970646)</p>			
<p><u>19:00 – 19:45 Uhr</u> LES MILLS RPM</p>		<p><u>18:30 – 19:15 Uhr</u> LES MILLS RPM</p>	<p><u>19:30 – 20:30 Uhr</u> WIRBELSÄULENGYMNASTIK</p>			