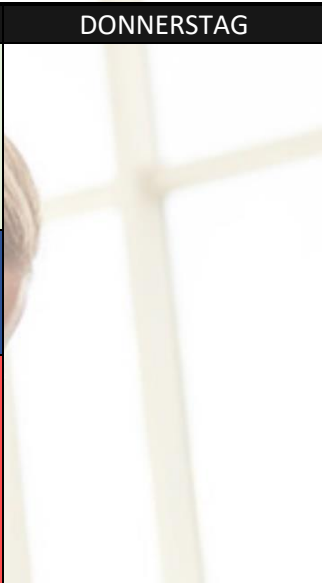


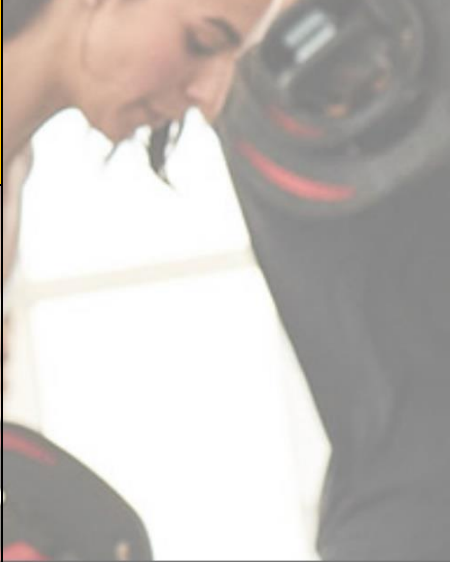


KURSPLAN 17.01. bis 23.01.22

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<p><u>09:00 – 10:00 Uhr</u></p> <p>BODYPUMP Live & BODYPUMP ZOOM (Meeting-ID: 922 4006 0465 Kenncode: 891739)</p>	<p><u>09:00 - 10:00 Uhr</u></p> <p>INJOY RÜCKENKURS & INJOY RÜCKENKURS ZOOM</p>	<p><u>09:00 - 10:30 Uhr</u></p> <p>FOREVER FIT BY PILATES & FOREVER FIT BY PILATES ZOOM</p>		<p><u>09:30 - 10:30 Uhr</u></p> <p>STARKER RÜCKEN LIVE & STARKER RÜCKEN ZOOM (Meeting-ID: 928 5306 9331, Kenncode: 380363)</p>	<p><u>10:00 – 11:30 Uhr</u></p> <p>YOGA LIVE & YOGA ZOOM (Meeting-ID: 963 7460 9283, Kenncode: 515883)</p>	<p><u>10:30 - 11:30 Uhr</u></p> <p>SPINNING</p>
<p><u>10:00 - 11:00 Uhr</u></p> <p>STARKER RÜCKEN LIVE & STARKER RÜCKEN ZOOM (Meeting-ID: 961 5231 2943, Kenncode: 022574)</p>	<p><u>10:00 - 11:30 Uhr</u></p> <p>YOGA LIVE & YOGA ZOOM (Meeting-ID: 918 5246 2128 Concorde: 396896)</p>	<p><u>10:45 - 11:45 Uhr</u></p> <p>BODYPUMP Live & BODYPUMP ZOOM (Meeting-ID: 945 5269 5447 Kenncode: 121732)</p>		<p><u>10:45 - 11:45 Uhr</u></p> <p>BODYBALANCE LIVE & BODYBALANCE ZOOM (Meeting-ID: 962 3857 4719, Kenncode: 302643)</p>		
<p><u>18:00 - 19:00 Uhr</u></p> <p>INJOY RÜCKENKURS & INJOY RÜCKENKURS ZOOM</p>		<p><u>18:00 - 19:20 Uhr</u></p> <p>YOGA LIVE & YOGA ZOOM</p>	<p><u>17:30 - 18:00 Uhr</u></p> <p>BAUCH BEINE PO & BAUCH BEINE PO ZOOM</p>	<p><u>18:00 – 19:00 Uhr</u></p> <p>HIIT & HIIT ZOOM</p>		
<p><u>19:15 - 20:15 Uhr</u></p> <p>BODYPUMP LIVE & BODYPUMP ZOOM (Meeting-ID: 970 1434 6300, Kenncode: 190381)</p>	<p><u>19:00 – 20:00 Uhr</u></p> <p>BODYCOMBAT Live</p>	<p><u>19:30 – 20:50 Uhr</u></p> <p>YOGA LIVE & YOGA ZOOM</p>	<p><u>18:00 – 19:30 Uhr</u></p> <p>YOGA LIVE & YOGA ZOOM (Meeting-ID: 925 3120 6979, Kenncode: 970646)</p>			
<p><u>19:00 – 19:45 Uhr</u></p> <p>LES MILLS RPM</p>	<p><u>18:30 – 19:30 Uhr</u></p> <p>SPINNING</p>	<p><u>18:00 – 19:00</u></p> <p>BODYPUMP LIVE & BODYPUMP ZOOM (Meeting-ID: 961 3546 4580 Kenncode: 427805)</p>	<p><u>19:30 – 20:30 Uhr</u></p> <p>WIRBELSÄULENGYMNASTIK</p>			
		<p><u>19:00 – 19:45 Uhr</u></p> <p>LES MILLS RPM</p>	