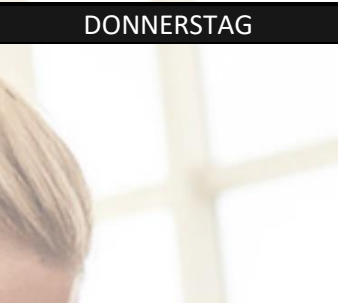

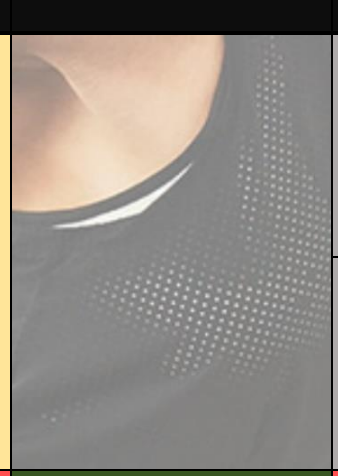
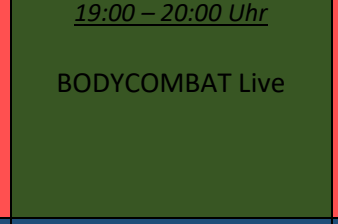
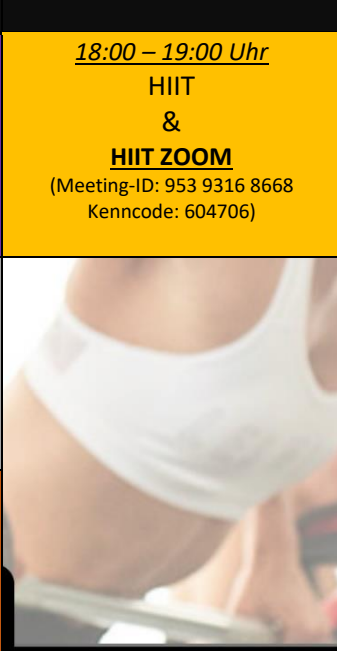
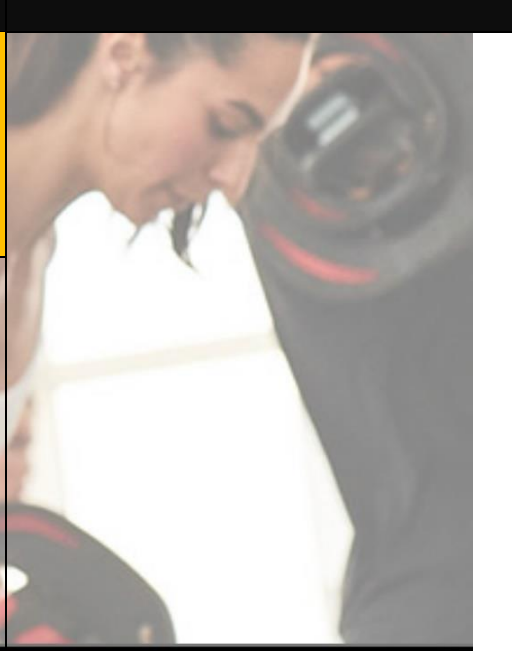


KURSPLAN 29.11. bis 05.12.21

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<u>09:00 – 10:00 Uhr</u> BODYPUMP Live & BODYPUMP ZOOM (Meeting-ID: 922 4006 0465 Kenncode: 891739)	<u>09:00 - 10:00 Uhr</u> INJOY RÜCKENKURS <u>10:00 – 11:00 Uhr</u> INJOY RÜCKENKURS	<u>09:00 - 10:30 Uhr</u> FOREVER FIT BY PILATES <u>09:15-10:15 Uhr</u> SPINNING		<u>09:30 - 10:30 Uhr</u> STARKER RÜCKEN LIVE & STARKER RÜCKEN ZOOM (Meeting-ID: 928 5306 9331, Kenncode: 380363)	<u>10:00 – 11:30 Uhr</u> YOGA LIVE & YOGA ZOOM (Meeting-ID: 963 7460 9283, Kenncode: 515883)	<u>10:30 - 11:30 Uhr</u> SPINNING
		<u>10:45 - 11:45 Uhr</u> BODYPUMP VIRTUELL		<u>16:30 – 17:30 Uhr</u> Funktionelles Training	<u>10:45 - 11:45 Uhr</u> BODYBALANCE LIVE & BODYBALANCE ZOOM (Meeting-ID: 962 3857 4719, Kenncode: 302643)	
		<u>18:00 - 19:00 Uhr</u> INJOY RÜCKENKURS	<u>18:00 - 19:20 Uhr</u> YOGA LIVE & YOGA ZOOM	<u>17:30 - 18:00 Uhr</u> BAUCH BEINE PO & BAUCH BEINE PO ZOOM (Meeting-ID: 991 4002 7666 Kenncode: 295454)	<u>18:00 – 19:00 Uhr</u> HIIT & HIIT ZOOM (Meeting-ID: 953 9316 8668 Kenncode: 604706)	
		<u>19:30 – 20:50 Uhr</u> YOGA LIVE & YOGA ZOOM	<u>18:00 – 19:30 Uhr</u> YOGA LIVE & YOGA ZOOM (Meeting-ID: 925 3120 6979, Kenncode: 970646)			
		<u>19:15 - 20:15 Uhr</u> BODYPUMP LIVE & BODYPUMP ZOOM (Meeting-ID: 970 1434 6300, Kenncode: 190381)	<u>19:00 – 20:00 Uhr</u> BODYCOMBAT Live			<u>18:00 – 19:00</u> BODYPUMP LIVE & BODYPUMP ZOOM (Meeting-ID: 961 3546 4580 Kenncode: 427805)
<u>19:00 – 19:45 Uhr</u> LES MILLS RPM	<u>18:30 – 19:30 Uhr</u> SPINNING	<u>19:00 – 19:45 Uhr</u> LES MILLS RPM	