

Zoomkurse ab 26.04.2021



Meeting-ID: 408 362 5788

Kennwort: TVRatingen

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00 - 09:45	Body-Toning Lena	Aeroworkout Annemarieke		Faszientraining Angela	Yogafitness Alex		
10:00 - 10:45	Fitness-gymnastik Lena	Rückenfitness Lena	Fitnessgymnastik Annemarieke		Rückenfitness Melanie		
11:00 - 11:45	Pilates Melanie	QiGong Jian			Körperkult Tanja	11:15 - 12:00 Uhr Functional Training Uli	deepWork Andrea
12:00 - 12:45						12:15-13:00 Uhr Latino Dance Nelly	
13:00 - 13:45							
14:00 - 14:45							
15:00 - 15:45							
16:00 - 16:45							
17:00 - 17:45	Rückenpower Eva		Body-Toning Marion M.				
18:00 - 18:45	Functional Training Nick	Körperkult Tanja	Beweglichkeits- training Anja	deepWork Tanja			
19:00 - 19:45	Step Anne	Pilates Tanja	Yogafitnesss Anja	Rückenfitness Anja	Functional Training Uli		
20:00 - 20:45	Body Toning Anne						