

Januar/ Was	Wann	Wem	Zoom
2. Antara	9:30h	Elisabeth	Meeting-ID: 558 5207295 Kenncode: 2023
3. Stretching	17:00h	Simone	Simone Hennings Meeting-ID 868 200 4804 Kenncode: Fitness
4 Knackiges Bauch Training	11:00h	Ute	Biewald Meeting-ID 2511601967 Kenncode: 123
4 Entspannung im Liegen	17:00h	Andrea	Meeting ID:876 4281 3900 Kenncode: 115621
5 Meditation im Sitzen	6:15h	Andrea	Meeting ID:876 4281 3900 Kenncode: 115621
5 Funktionelles Körper Training	18:15h	Roberto	Meeting-ID: 444 521 4145 Kenncode: Roberto24
6 TotalVital RehaSport	9:00h	Simone	Simone Hennings Meeting-ID 868 200 4804 Kenncode: Fitness
8 Bauch Beine Po	8:00h	Maria	Meeting-ID: 561 868 0880 Kenncode: pilates
8 Yoga nur für Männer!	20:15h	Christian	Meeting-ID: 896 8408 3358 Kenncode:829724
9 Nia	18:30h	Janina	Meeting-ID: 669 3742314 Kenncode: 2022
10 Bauch Beine Po	8:00h	Maria	Meeting-ID: 561 868 0880 Kenncode: pilates
10 Fatburner	18:30h	Luca	Luca Meeting ID: 852 911 55937

11 Pilates	18:30h	Patricia	Meeting-ID: 669 3742314 Kenncode: 2022
12. Bauch Beine Po	8:00h	Maria	Meeting-ID: 561 868 0880 Kenncode: pilates
14 Tibeter	19:00h	Gabriela	Meeting-ID: 730 003 0758 Kenncode: dB1JZr
15 Bauch Beine Po	8:00h	Maria	Meeting-ID: 561 868 0880 Kenncode: pilates
15 HIIT	19:30h	Lucie	Lucie Schrobenhauser Meeting-ID: 970 5038353 Kenncode: WILLKOMMEN
15 Yoga nur für Männer!	20:15h	Christian	Meeting-ID: 896 8408 3358 Kenncode:829724
16 Tibeter	19:00h	Gabriela	Meeting-ID: 730 003 0758 Kenncode: dB1JZr
17 Bauch Beine Po	8:00h	Maria	Meeting-ID: 561 868 0880 Kenncode: pilates
17 Faszien Yoga	18:30h	Janina	Meeting-ID: 669 3742314 Kenncode: 2022
18 Entspannung im Liegen	17:00h	Andrea	Meeting ID:876 4281 3900 Kenncode: 115621
18 Tibeter	19:00h	Gabriela	Meeting-ID: 730 003 0758 Kenncode: dB1JZr
19 Bauch Beine Po	8:00h	Maria	Meeting-ID: 561 868 0880 Kenncode: pilates

19 funktionelles Körper Training	18:15h	Roberto	Meeting-ID: 444 521 4145 Kenncode: Roberto24
20 Knackiges Bauch Training	8:00h	Ute	Biewald Meeting-ID 2511601967 Kenncode: 123
21 Intervall	17:00h	Sarah	Patricia Damiani: Meeting-ID: 669 3742314 Kenncode: 2022
22 Bauch Beine Po	8:00h	Maria	Meeting-ID: 561 868 0880 Kenncode: pilates
22 Männer Yoga	20:15h	Christian	Meeting-ID: 896 8408 3358 Kenncode:829724
23 Meditation im Sitzen	6:15h	Andrea	Meeting ID:876 4281 3900 Kenncode: 115621
23 Tibeter	19:00h	Gabriela	Meeting-ID: 730 003 0758 Kenncode: dB1JZr
24 Bauch Beine Po	8:00h	Maria	Meeting-ID: 561 868 0880 Kenncode: pilates
24 Fatburner	18:30h	Luca	Luca Meeting ID: 852 911 55937
25 Entspannung im Liegen	17:00h	Andrea	Meeting ID:876 4281 3900 Kenncode: 115621
26 Bauch Beine Po	8:00h	Maria	Meeting-ID: 561 868 0880 Kenncode: pilates
26 starker Rücken mit PET Flasche 1.5 l	9:30h	Elisabeth	Meeting-ID: 558 520 7295 Kenncode: 2023

27 Intervall	17:00h	Sarah	Patricia Damiani: Meeting-ID: 669 3742314 Kenncode: 2022
28 Pilates & Yoga	9:00h	Patricia	Patricia Damiani: Meeting-ID: 669 3742314 Kenncode: 2022
29 Bauch Beine Po	8:00h	Maria	Meeting-ID: 561 868 0880 Kenncode: pilates
29 Männer Yoga	20:15h	Christian	Meeting-ID: 896 8408 3358 Kenncode:829724
30 Meditation im Sitzen	6:15h	Andrea	Meeting ID:876 4281 3900 Kenncode: 115621
30 TôsôX	9:30h	Elisabeth	Meeting-ID: 558 520 7295 Kenncode: 2023
31 Bauch Beine Po	8:00h	Maria	Meeting-ID: 561 868 0880 Kenncode: pilates
FEBRUAR 2024			
1			
2			
3			
4			
5 Männer Yoga	20:15h	Christian	Meeting-ID: 896 8408 3358 Kenncode:829724