

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

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

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| 19 funktionelles Körper Training        | 18:15h       | Roberto   | Meeting-ID: 444 521 4145<br>Kenncode: Roberto24                |
| 20 Knackiges Bauch Training             | 8:00h        | Ute       | Biewald<br>Meeting-ID 2511601967<br>Kenncode: 123              |
| 21 Intervall                            | 17:00h       | Sarah     | Patricia Damiani:<br>Meeting-ID: 669 3742314<br>Kenncode: 2022 |
| 22 Bauch Beine Po                       | 8:00h        | Maria     | Meeting-ID: 561 868 0880<br>Kenncode: pilates                  |
| 22 Männer Yoga                          | 20:15h       | Christian | Meeting-ID: 896 8408 3358<br>Kenncode:829724                   |
| 23 Meditation im Sitzen                 | <b>6:15h</b> | Andrea    | Meeting ID:876 4281 3900<br>Kenncode: 115621                   |
| 23 Tibeter                              | 19:00h       | Gabriela  | Meeting-ID: 730 003 0758<br>Kenncode: dB1JZr                   |
| 24 Bauch Beine Po                       | 8:00h        | Maria     | Meeting-ID: 561 868 0880<br>Kenncode: pilates                  |
| 25 Entspannung im Liegen                | 17:00h       | Andrea    | Meeting ID:876 4281 3900<br>Kenncode: 115621                   |
| 26 Bauch Beine Po                       | 8:00h        | Maria     | Meeting-ID: 561 868 0880<br>Kenncode: pilates                  |
| 26 starker Rücken mit PET Flasche 1.5 l | 9:30h        | Elisabeth | Meeting-ID: 558 520 7295<br>Kenncode: 2023                     |
| 27 Intervall                            | 17:00h       | Sarah     | Patricia Damiani:<br>Meeting-ID: 669 3742314<br>Kenncode: 2022 |

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