

# KURSPLAN

AB 11. JANUAR 2021

zoom

| MONTAG  | DIENSTAG   | MITTWOCH  | DONNERSTAG  | FREITAG   | SAMSTAG   | SONNTAG  |
|---|--|---|---|---|---|--|
| <p><b>LES MILLS BODYBALANCE</b></p> <p>MEETING-ID<br/>840 8166 6177<br/>09:00 – 10:00<br/>mit Manu</p>  | <p><b>WIRBELSÄULE</b></p> <p>MEETING-ID<br/>821 9753 5162<br/>17:00 – 17:45<br/>mit Mandy</p>    | <p><b>LES MILLS BODYBALANCE</b></p> <p>MEETING-ID<br/>815 7632 4658<br/>09:00 – 10:00<br/>mit Manu</p>  | <p><b>BODYFORMING</b></p> <p>MEETING-ID<br/>899 3605 4274<br/>09:00 – 10:00<br/>mit Elias</p>         | <p><b>INDOOR CYCLING</b></p> <p>MEETING-ID<br/>889 2750 4276<br/>09:30 – 10:15<br/>mit Michelle</p> | <p><b>LES MILLS tone</b></p> <p>MEETING-ID<br/>889 7272 2313<br/>10:30 – 11:15<br/>mit Yassir</p>     | <p><b>INDOOR CYCLING</b></p> <p>MEETING-ID<br/>812 9955 6418<br/>10:15 – 11:15<br/>mit Kersi</p>                               |
| <p><b>BODYFORMING</b></p> <p>MEETING-ID<br/>820 7872 7938<br/>18:00 – 19:00<br/>mit Doro</p>            | <p><b>INDOOR CYCLING</b></p> <p>MEETING-ID<br/>867 3130 3510<br/>18:00 – 19:20<br/>mit Kersi</p> | <p><b>LES MILLS CXWORX</b></p> <p>MEETING-ID<br/>865 0603 7047<br/>18:00 – 18:30<br/>mit Michelle</p>   | <p><b>WIRBELSÄULE</b></p> <p>MEETING-ID<br/>857 4201 7857<br/>10:15 – 11:00<br/>mit Elias</p>         | <p><b>LES MILLS tone</b></p> <p>MEETING-ID<br/>897 9866 8938<br/>10:30 – 11:15<br/>mit Michelle</p> | <p><b>LES MILLS BODYPUMP</b></p> <p>MEETING-ID<br/>838 8489 0387<br/>11:30 – 12:30<br/>mit Yassir</p> | <p><b>LES MILLS BODYBALANCE</b> <small>SPECIAL</small></p> <p>MEETING-ID<br/>861 0096 8874<br/>11:30 – 12:30<br/>mit Kersi</p> |
| <p><b>LES MILLS BODYPUMP</b></p> <p>MEETING-ID<br/>899 5560 2226<br/>19:15 – 20:15<br/>mit Michelle</p> | <p><b>YOGA</b></p> <p>MEETING-ID<br/>869 7147 2247<br/>19:30 – 20:45<br/>mit Nicole</p>          | <p><b>LES MILLS BODYPUMP</b></p> <p>MEETING-ID<br/>846 7715 2884<br/>18:30 – 19:30<br/>mit Michelle</p> | <p><b>LES MILLS BODYBALANCE</b></p> <p>MEETING-ID<br/>892 2407 2695<br/>18:00 – 19:00<br/>mit Uli</p> | <p><b>BODYFORMING</b></p> <p>MEETING-ID<br/>867 2611 7055<br/>18:00 – 19:00<br/>mit Chantale</p>    |   |  |
|   |  |   | <p><b>LES MILLS BODYPUMP</b></p> <p>MEETING-ID<br/>886 9758 4751<br/>19:15 – 20:15<br/>mit Dennis</p> |   |   |  |

ENTDECKE DIE VIELFALT VON BODYBALANCE

**NEUE  
LES MILLS  
RELEASES**

MEETING BEI ZOOM BEITRETEN: [WWW.ZOOM.US/JOIN](http://WWW.ZOOM.US/JOIN)  
MEETING-ID + KENNWORT: „SAM“