

Belegungsplan: über Zoom

	Mo	Di	Mi	Do	Fr	Sa	So
8							
	08:15-08:45 733069 Yoga - Yin Yoga Hometraining	08:00-08:30 733075 Yoga-Routine am Morgen Hom	08:00-09:00 733083 Rückenfit am Morgen Hometra	08:00-08:30 733087 Yoga - Yin Yoga Hometraining			
	08:30-09:00 733070 Yoga - Vinyasa Yoga Hometrai	08:30-09:00 733076 Core Training Hometraining	08:30-09:00 733088 Core Training Hometraining	08:30-09:00 733089 Yoga-Pause im Homeoffice Ho			
9	08:45-09:45 733070 Yoga - Vinyasa Yoga Hometrai	09:00-10:00 733077 Yoga und Pilates + Faszientrai	Katrin Hertel	09:00-09:30 733089 metraining			09:20-10:20 733097 Bodystyling Hometraining
	Regina Thoede	Regina Thoede					Stephanie Lüdtkke
10	10:00-11:00 733071 Pilates Hometraining	10:00-11:00 733078 Yoga - Hatha-Yoga Stretch un					
	Regina Thoede	d Relax Hometraining Regina Thoede					10:35-11:35 733098 Zumba® Hometraining
11						11:00-12:00 733095 Qi Gong Hometraining (für Anf	Sima Vagaie
						änger*innen) Annett Kanders	
12							
	12:30-12:50 733072 PausenExpress - Hometraining	12:30-12:50 733079 PausenExpress - Hometraining	12:30-12:50 733084 PausenExpress - Hometraining	12:30-12:50 733090 PausenExpress - Hometraining	12:30-12:50 733093 PausenExpress - Hometraining		
13							
14							
15							
16							
	16:30-17:30 733073-P Yoga für Bedienstete der Uni						
17	DUE Hometraining Claudia Creutzburg						
			17:30-18:30 733085 BOP MEETS HIIT - Hometraining				
18		18:00-19:00 733080 Yoga - Sanftes Yoga am Abend	18:00-19:00 733091 BOP Hometraining			18:00-19:00 733096 Wirbelsäulengymnastik Homet	18:00-19:00 733099 Befreiter Nacken, entspannte
		Jennifer Schons	Verena Marten		18:30-19:30 733094 Yoga - Vinyasa Yoga Hometrai	Wiring Annett Kanders	Schultern, ... Hometraining Annett Kanders
19	19:05-20:20 733081 Yoga - Yin Yoga Hometraining	19:05-20:20 733081 Yoga - Yin Yoga Hometraining	18:45-19:45 733086 Fatburner Hometraining	19:00-19:30 733092 Sixpack Hometraining			
	Jennifer Schons	Jennifer Schons	Verena Marten		Claudia Mau		
20	19:15-20:15 733074 HIIT - High-Intensity Interval Tr						
	aining Hometraining Stephanie Lüdtkke						
21		20:25-21:10 733082 Yoga - Tiefenentspannt zur Na					
		chtruhe kommen Hometraining Jennifer Schons					