

# MIT ABSTAND DAS BESTE TRAINING FÜR IHRE GESUNDHEIT!

## UNSER KÖRPERWERK LIVE-KURSPLAN

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8:00							
9:00	In Balance <a href="https://us02web.zoom.us/j/89130780099?pwd=K1QrWjVtYUyrRGcw-QTBkdzFqQnZyZz09">https://us02web.zoom.us/j/89130780099?pwd=K1QrWjVtYUyrRGcw-QTBkdzFqQnZyZz09</a>						Yoga <a href="https://us02web.zoom.us/j/81156469356">https://us02web.zoom.us/j/81156469356</a>
10:00	Rückentraining inkl. Muskel & Faszien <a href="https://us02web.zoom.us/j/95918405630">https://us02web.zoom.us/j/95918405630</a>		Starker Rücken <a href="https://us02web.zoom.us/j/82880775342">https://us02web.zoom.us/j/82880775342</a>	Muskel & Faszien <a href="https://us02web.zoom.us/j/84207482421">https://us02web.zoom.us/j/84207482421</a>			
11:00							
12:00					Faszientraining <a href="https://us02web.zoom.us/j/81423123606">https://us02web.zoom.us/j/81423123606</a>		
12:30		Pilates <a href="https://us02web.zoom.us/j/81373681823">https://us02web.zoom.us/j/81373681823</a>	Starker Rücken <a href="https://us02web.zoom.us/j/89641525545">https://us02web.zoom.us/j/89641525545</a>				
17:00			Time Out <a href="https://us02web.zoom.us/j/81416533648">https://us02web.zoom.us/j/81416533648</a>				
17:30	Starker Rücken <a href="https://us02web.zoom.us/j/85929387612">https://us02web.zoom.us/j/85929387612</a>						
18:00	Yoga <a href="https://us02web.zoom.us/j/86915819104">https://us02web.zoom.us/j/86915819104</a>		Yoga <a href="https://us02web.zoom.us/j/81900906379">https://us02web.zoom.us/j/81900906379</a>	Muskel & Faszien <a href="https://us02web.zoom.us/j/81248299699">https://us02web.zoom.us/j/81248299699</a>	HIT <a href="https://us02web.zoom.us/j/99276562506">https://us02web.zoom.us/j/99276562506</a>		
19:00	HIT <a href="https://us02web.zoom.us/j/91617228783">https://us02web.zoom.us/j/91617228783</a>	Pilates <a href="https://us02web.zoom.us/j/85000017068">https://us02web.zoom.us/j/85000017068</a>		Pilates <a href="https://us02web.zoom.us/j/84278615306">https://us02web.zoom.us/j/84278615306</a>			
20:00							

**Zugangscode: 2020**

Stand 01.11.2020; An Feiertagen finden keine Kurse statt.

Körperwerk )  
training · therapie

**DAS BESTE**  
FÜR MEINE GESUNDHEIT:  
TRAINING MIT KONZEPT!

