

Opcodes lessen Anneke – deze opnames zijn in elk geval te downloaden tot en met 31 december 2021.

Topic: Power Pilates, English spoken - live stream (30 min, 2 credits)

Start Time: Sep 9, 2021 09:47 AM

Meeting Recording:

https://us02web.zoom.us/rec/share/t4V2Gek11Qe2tQrJ0z8Vb3D_Ao7Jo-aasYdOLYBmiNFe_FH3Ez19Zb60viB5Jxt.BAf9OIvt0K-7V4WQ

Topic: Pilates Total Body + Relaxation - Live Stream 310521 (60 min, 4 credits)

Date: May 31, 2021 08:16 PM Amsterdam

Meeting Recording:

<https://us02web.zoom.us/rec/share/oCs8d2x2zeszWjIUQhoVBZWYdtuSNMN5fr6XuLve0v1TD5VVYus7mRnwgqXhAzwG.hV4PUWknA6AtJZXH>

Topic: Stretch & Stability - Live Stream 270521 (35 min, 3 credits) @ Urban Flow

Start Time: May 27, 2021 07:04 PM

Meeting Recording:

https://us02web.zoom.us/rec/share/283LkU_G4bv8DYw2I8-l-Ka5ekYP1OZ9dlyfWvjmk_Nf1HYOKufVNHHNZeQun0J.IYAPnrDM1QnlhfOk

Topic: Pilates Total Body - Live Stream 200521 (35 min, 3 credits)

Start Time: May 20, 2021 08:12 PM

Meeting Recording:

https://us02web.zoom.us/rec/share/Kj9UsuU6iBJ-PFqQ_VaQeP1EkvGaxceX3r48XzzOhsxgv0fDpQKDTz4gg17y88IF.BK-O73iWWo0dTQbB

Topic: Stretch & Stability - Live Stream 200521 (35 min, 3 credits)

Start Time: May 20, 2021 07:19 PM

Meeting Recording:

<https://us02web.zoom.us/rec/share/1BLDL4i9L1iPswY6IDIC0QeXTlrrqJfq-vvWtPloKaEgoiakJWBSUbS9nJAvbEY.JUKGhyS6a9yODIML>

Topic: Yogilates - Live Stream 190521 (35 min, 3 credits)

Start Time: May 19, 2021 08:39 AM

Meeting Recording:

https://us02web.zoom.us/rec/share/ddMTIR1YV0-aJ7bY9KwMA9CN2MNzEf2MqiFDejwYD1nSkHUyYtpmdq5Cnrr94n_Q.v0Q3HRJz_d9Xkpu2

Topic: Pilates All Levels - Live Stream 180521 (35 min, 3 credits)

Start Time: May 18, 2021 07:15 PM

Meeting Recording:

https://us02web.zoom.us/rec/share/BUdh2nFqgTrUdL396M2pnl-xUvwBAS--i3H7vZyCW_RqKu5Z2KKDCPTL_cD68ooC.7NytJ8WRo3KH4bam

Topic: Pilates Total Body + Relaxation - Live Stream 170521 (60 min, 4 credits)

Date: May 17, 2021 08:27 PM Amsterdam

Meeting Recording:

https://us02web.zoom.us/rec/share/OR_JR06noeQnapne1hMGxiLw3LJSFFsK0CMWyGDdR-FsCfjOJTJjGTPDQj6D9De_nAC4pGpC1-erNOhN

Topic: Pilates All Levels + Relaxation - Live Stream 170521 (60 min, 4 credits)

Start Time: May 17, 2021 10:02 AM

Meeting Recording:

https://us02web.zoom.us/rec/share/hKfhZg4kY_mIMc_g-oW6xmD9VGFH79t0xqB2sMBso57jmYsAkQSql2SVdimyesgh.fqUuiuhHYJ1DVzn9

Topic: Stretch & Stability - 35 min - Live Stream 110521 (3 credits)

Start Time: May 11, 2021 08:12 PM

Meeting Recording:

https://us02web.zoom.us/rec/share/XCgKKReiMeF2_50YIcZxafXb3SBRkUt45gTylC0hXrFIBVhTAI6ycFYTqycfmjwh.m6X8rV3XU-lj9a1y

Topic: Pilates All Levels - Live Stream 110521 (35 min, 3 credits)

Start Time: May 11, 2021 07:14 PM

Meeting Recording:

https://us02web.zoom.us/rec/share/iyENcedIWgp3yCPY7fq5lxD1e6vX-y88wMJEUD1A-uFuYY22llgrBqQqqfTFRGz.JNnlachz6dvkiD_8

Topic: Pilates Total Body - Live Stream 060521 (35 min, 3 credits)

Start Time: May 6, 2021 08:11 PM

Meeting Recording:

https://us02web.zoom.us/rec/share/dZ1_NwEZ9-D38D2Cz5Rx7Z63hKAoo68ytu_c5YYxmxaCi2Gf6eRvPm_EdZMWNpa.ha6dJJ590uHzN8fv

Topic: Stretch & Stability - Live Stream 060521 (35 min, 3 credits)

Start Time: May 6, 2021 07:23 PM

Meeting Recording:

https://us02web.zoom.us/rec/share/Oj2EpQM3lxi5jQaR1T6TmHf-wbCnnRN9KEZ4wH_4cSllmv0bVt11NPPWLj0_9jgM.khehVnyJWU8YoRRy

Topic: Yogilates - Live Stream 050521 (35 min, 3 credits)

Start Time: May 5, 2021 08:33 AM

Meeting Recording:

https://us02web.zoom.us/rec/share/Xo8Bc9j8sDO_odbQ41v80-pCxNp9yN9Shx_2SmuG9ZZEmvDdz03vcngYOXM1e131.ofw8hx4D02qO39uA

Topic: Pilates & Stretch - Live Stream 040521 (60 min, 4 credits)

Start Time: May 4, 2021 08:08 PM

Meeting Recording:

https://us02web.zoom.us/rec/share/idpOVvZVgzZ7E6ww_Y1wtS66U8jFQZJeEeMgOwZOHc9-pgAtvonTIQm_G21f0TY.W3fmWscqWCZ74Fqn

Topic: Pilates Total Body + Relaxation - Live Stream 030521 (60 min, 4 credits)

Start Time: May 3, 2021 08:26 PM

Meeting Recording:

<https://us02web.zoom.us/rec/share/t7ovwk3xnjPzZpNNhmzgdTWtv5St0EUleAaLVl2q2wRmbjbXyR8rouuQf6cjpgLK.s3Ricmotuw8owZqM>

Topic: Pilates Total Body - Live Stream 290421 (35 min, 2 credits)

Start Time: Apr 29, 2021 08:11 PM

Meeting Recording:

<https://us02web.zoom.us/rec/share/rparepuJH869DwuDBM8LMto3XtBMYQhK759wbGawL9m0MaXybvVmaO07NAzB1GO.IOE7IG1uYC353jbl>

Topic: Stretch & Stability - Live Stream 290421 (35 min, 2 credits)

Start Time: Apr 29, 2021 07:20 PM

Meeting Recording:

https://us02web.zoom.us/rec/share/spgMFeyVvmzYJd-9uGg_YlUnfutuy2pn6QLqAE0Brd-34bVf-R43UbScPezrRzip.QI5agMUDPjtX1i93

Topic: Yogilates - Live Stream 280421 (35 min, 2 credits)

Start Time: Apr 28, 2021 08:35 AM

Meeting Recording:

<https://us02web.zoom.us/rec/share/hz-zZBpAUfLO5xYOOOn5aKPw-dU9il4ac26JbqlkzHM-tvOTQTITojLJm1egzeGuH.xpcz7VumvB6O14hY>

Topic: Pilates Total Body + Relaxation - Live Stream 260421 (60 min, 4 credits)

Start Time: Apr 26, 2021 08:19 PM

Meeting Recording:

<https://us02web.zoom.us/rec/share/NxdwtfdrQ1UnrzbQp1LiMDhfebldBspotpNmf6C8ytCJKYl1LwkZXi8vC58mscP1.LUvBXMdMiCYuqnAb>

Topic: Pilates Total Body - Live Stream 220421 (35 min, 2 credits)

Start Time: Apr 22, 2021 08:13 PM

Meeting Recording:

https://us02web.zoom.us/rec/share/8Vlo4xfhhjKBVReAALWpyuNt2_cfkvuZMmTLMGoj4MkpZX7_Db4H5JaAmR8QEBx.FpbAmcvNjVS_Jf1X

Topic: Stretch & Stability - Live Stream 220421 (35 min, 2 credits)

Start Time: Apr 22, 2021 07:10 PM

Meeting Recording:

<https://us02web.zoom.us/rec/share/n5mW8guKXCKgqXHi-y7Xtsln3y5YsZNTISSAWEEKxXKpJT5VRegzDglkYU0uAWah.VPkVZR4sPr-F1wch>

Topic: Yogilates - Live Stream 210421 (35 min, 2 credits)

Start Time: Apr 21, 2021 08:32 AM

Meeting Recording:

<https://us02web.zoom.us/rec/share/JMjQSUukqZGsltoKAp7b2oSbJU1Cedj2ib7V3c3XFhZKC CtnHCzg3qoylRhKkkL9.Rsf4b9SPWHdYxFOG>

