Kursplan

beyou-fitness.com TEL 08856-9367799 **ab 15.12.25**

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
08.25 - 08.55 **Smovey Moves** Marion S.	08.45 - 09.55 **Wirbelsäule** Robert N.	08.30 - 09.30 **Hot Iron I** Vreni W.	09.00 - 10.00 **In-Cycling** *(iQ)* Robert N.	08.30 - 09.45 **Yoga** Regina G.	
08.30 - 09.45 **YoMo** Michaela G.	09.00 - 10.00 **In-Cycling** *(iQ)* Elke N.	08.45 - 09.45 **Qigong** Robert N.	09.00 - 10.00 **Ritmos Latinos** Loida L.	08.50 - 10.00 **Body Force Shape** Susan M.	
09.00 - 10.00 **Body Tone** Marion S.	10.10 - 11.20 **Wirbelsäule** Robert N.	09.00 - 10.00 **Step III Choreo** Claudia B.	10.10 - 11.10 **Body & Mind** Loida L.	10.10 - 11.10 **In-Cycling** *(iQ)* Denise B.	17.00- 18.15 **Body Tone** Marion A.
10.05 - 11.05 **In-Cycling** *(iQ)* Werner N.	10.10 - 11.10 **TRX** Tom Z.	10.00 - 11.00 **Pilates** Monika S.	10.20 - 11.20 **TRX** Robert N.	10.05 - 11.15 **Wirbelsäule** Susan M.	18.15 - 18.45 **Yoga Stretch** Marion A.
10.00 - 11.15 **Mobility** Michaela G.		10.05 - 11.20 **TRX meets BF** Susan M.			18.00- 19.00 **In-Cycling** *(iQ)* Sylvia A.
10.15 - 11.00 **Linedance Basic**		10.15 - 11.00 **Linedance Advanced 1**			
11.00 - 11.45 **Linedance** Monika N.		11.00 - 11.45 **Advanced 2** Monika N.			
18.00 - 19.15 **Kickboxen** Walter K.	17.20 - 18.20 **TRX** Vreni W.	17.00 - 17.45 **Deep Work** Lissy S.	17.45 - 18.45 **TRX** Maria S.	17.30 - 18.30 **TRX** Steffi S.	**Sonntag**
17.55 - 18.50 **BBP & Tone** Lissy S.	17.30 - 18.15 **Jumping** Kerstin	17.45 - 19.00 **Yoga** Michaela G.	17.45 - 18.45 **Hot Iron II** Vreni W.	17.30- 18.30 **In-Cycling** *(iQ)* Vreni W.	09.20 - 10.20 **Wirbelsäule**
18.00- 19.00 **In-Cycling** *(iQ)* Tom H.	18.30 - 19.45 **Yoga** Nadja	17.55 - 18.55 **Body Tone** Marion S.	17.50 - 18.50 **Step III Choreo** Claudia B.	17.45 - 18.30 **Jumping** Franzi D.	09.30 - 10.30 **In-Cycling** *(iQ)* Christine B.
18.55 - 19.50 **Pilates** Lissy S.	18.35 - 19.35 **TRX** Vreni W.	18.00 - 19.00 **In-Cycling** *(iQ)* Tom H.	17.30 - 18.30 **Lauftreff** *(W)* Team	18.45 - 19.45 **TRX** Steffi S.	
19.20 - 20.20 **Ritmos Latinos** Loida L.	19.45 - 20.45 **In-Cycling** *(iQ)* Werner N.	19.00 - 19.45 **Wirbelsäule** Marion S.	19.00 - 20.15 **Budo Power and Balance** ab 12 Jahren Walter K.		**weekend special** siehe App
19.10- 20.10 **In-Cycling** *(iQ)* Vreni W.		19.15- 20.15 **In-Cycling** *(iQ)* Sylvia A.	18.55 - 19.55 **Tone meets Pilates** Marion S.		18.00 - 19.00 **TRX meets BF** Susan M.
20.00 - 21.15 **Workout by BodyForce** Susan M.			19.15 - 20.15 **In-Cycling** *(iQ)* Christine B.		

Farberklärung: grün = Outdoor | gelb = gelber Raum | rot = roter Raum | weiß = weißer Raum

Zeichenerklärung: iQ= mit Herzfrequenzmonitoring | W= Absprache per Whatsapp-Gruppe