

Kursplan

beyou-fitness.com

ab 11.03.24

TEL: 08856-9367799



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08.25 - 08.55 Smovey Moves Marion S.	08.45 - 09.55 Wirbelsäule Robert N.	08.45 - 09.45 Qigong Robert N.	09.00 - 10.00 In-Cycling (iQ) Robert N.	08.30 - 09.45 Yoga Regina G.		
08.30 - 09.45 YoMo Andrea Br.	09.00 - 10.00 In-Cycling (iQ) Elke N.	08.45 - 09.45 Step Choreo Claudia B.	09.00 - 10.00 Ritmos Latinos Loida L.	09.00 - 10.00 Body Force Shape Susan M.		
09.00 - 10.00 Body Tone Marion S.	10.10 - 11.20 Wirbelsäule Robert N.	10.00 - 11.00 Pilates Monika S.	10.10 - 11.10 Body & Mind Andrea Br.	10.10 - 11.10 In-Cycling (iQ) Werner N.	17.00 - 18.15 Body Tone Marion A.	
10.05 - 11.05 In-Cycling (iQ) Werner N.	10.10 - 11.10 TRX Tom Z.	10.05 - 11.05 TRX meets BF Susan M.	10.15 - 11.15 TRX Robert N.	10.15 - 11.15 Wirbelsäule Susan M.	18.00 - 19.00 In-Cycling (iQ) Sylvia A.	
10.00 - 11.10 Mobility Andrea Br.				11.30 - 13.00 Linedance Monika N.	18.15 - 18.45 Yoga Stretch Marion A.	
17.40 - 18.55 Kampfsport Basic Alex M.	17.20 - 18.20 TRX Vreni W.	17.00 - 17.45 Jumping Vreni W.	17.45 - 18.45 TRX Maria S.	17.30 - 18.30 TRX Steffi S.		17.30 - 18.30 TRX Steffi S.
18.00 - 18.55 BBB & Tone Lissy S.	17.30 - 18.15 Jumping Kerstin	17.45 - 19.00 Yoga Michaela G.	17.30 - 18.45 Kickboxen Walter K.	17.45 - 18.30 Jumping Franzi D.	09.20 - 10.20 Wirbelsäule Larissa W.	09.20 - 10.20 Wirbelsäule Larissa W.
18.15 - 19.15 In-Cycling (iQ) Tom H.	18.30 - 19.45 Yoga Michaela G.	17.55 - 18.55 Body Tone Marion S.	18.00 - 19.00 Step Choreo Claudia B.	18.40 - 19.40 In-Cycling (iQ) Vreni W.	09.30 - 10.30 In-Cycling (iQ) Christine B.	09.30 - 10.30 In-Cycling (iQ) Christine B.
19.00 - 19.45 Deep Work 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.		
19.00 - 20.00 Ritmos Latinos Loida L.	19.45 - 20.45 In-Cycling (iQ) Werner N.	19.00 - 19.45 Wirbelsäule Marion S.	19.00 - 20.15 Yoga Antonia N.			
19.25 - 20.25 In-Cycling (iQ) Vreni W.	19.50 - 21.05 Kickboxen Walter K.	19.10 - 20.10 In-Cycling (iQ) Sylvia A.	19.05 - 20.05 Body Tone Marion S.			
20.00 - 21.15 Body Force Hanteltraining 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

weekend special
siehe App

18.00 - 19.00
TRX meets BF
Susan M.

