

Kursplan

beyou-fitness.com

ab 14.10.24

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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 Vreni W.	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 Qigong Robert N.	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.	08.45 - 09.45 Step Choreo Claudia B.	10.10 - 11.10 Body & Mind Andrea Br.	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.	10.15 - 11.15 TRX Robert N.	10.15 - 11.15 Wirbelsäule Susan M.	18.00 - 20.00 In-Cycling (iQ) Sylvia A.
10.00 - 11.15 Mobility Andrea Br.		10.05 - 11.20 TRX meets BF Susan M.		11.30 - 13.00 Linedance Monika N.	18.15 - 18.45 Yoga Stretch Marion A.
10.15 - 11.45 Linedance Monika N.					
18.00 - 19.15 Kickboxen Walter K.	17.20 - 18.20 TRX Vreni W.	17.00 - 17.45 Jumping Vreni / Lissy	17.45 - 18.45 TRX Maria 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.	17.45 - 18.45 Hot Iron Vreni W.	17.30 - 18.30 In-Cycling (iQ) Vreni W.	09.20 - 10.20 Wirbelsäule Larissa W.
18.00 - 19.00 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.	17.45 - 18.30 Jumping Franzi D.	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.	
19.20 - 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 Kampfsport Basic Alex		weekend special siehe App
19.10 - 20.10 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.		18.00 - 19.00 TRX meets BF Susan M.
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

