

Kursplan

beyou-fitness.com

TEL 08856-9367799

ab 19.01.26



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.	
17.55 - 18.50 BBP & Tone Lissy S.	17.30 - 18.15 Jumping Kerstin	17.45 - 19.00 Yoga Nadja B.	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 Walter		weekend special siehe App
19.10- 20.10 In-Cycling (iQ) Vreni W.		19.05 - 20.05 Slow Yoga Nadja B.	18.55 - 19.55 Body Tone 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) Sylvia A.	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