

Kursplan

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Sommer 2019 (gültig ab 09.06.2019)

TEL: 08856-9367799



| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|--|--|--|--|--|---|---|
| 08.30 - 09.45 YoMo Andrea Br. | 08.45 - 09.55 Flow Motion Birgit K. | 08.45 - 09.45 Body Tone Angelika S. | 09.00 - 10.00 (A) In-Cycling (iQ) Robert N. | 08.30 - 09.45 Yoga Susanne E. | | |
| 09.00 - 09.55 Step Marion S. | 09.00 - 10.00 Ritmos Latinos Melanie H. | 09.00 - 10.00 Step II Claudia B. | 09.00 - 10.00 Ritmos Latinos Melanie H. | 09.00 - 10.00 Body Tone meets Body Force Susan M. | | |
| 09.50 - 11.05 (A) In-Cycling (iQ) Werner N. | 09.00 - 10.00 (A) In-Cycling (iQ) Elke N. | 10.00 - 11.00 Pilates Monika S. | 10.00 - 11.00 Body & Mind Andrea Br. | 10.10 - 11.10 (A) In-Cycling (iQ) Tom Z. | | |
| 10.00 - 11.15 YoMo Andrea Br. | 10.00 - 11.15 Wirbelsäule Robert N. | 10.05 - 11.05 (A) TRX meets Body Force Susan M. | 10.10 - 11.10 (A) TRX Robert N. | 10.00 - 11.00 Wirbelsäule Angelika S. | | |
| 10.00 - 11.00 Body Tone Marion S. | 10.05 - 11.05 (A) TRX Tom Z. | | | | | |
| 18.00 - 18.55 BBP & Tone Angelika S. | 17.30 - 18.20 (A) Jumping Vreni/Kerstin | 17.20 - 18.05 (A) Jumping Kerstin/Vreni | 16.30 - 17.25 Tae-Kwon-Do Walter K. | 17.30 - 18.30 (A) TRX Steffi S. | | |
| 19.00 - 20.00 (A) In-Cycling (iQ) Tom H. | 18.30 - 19.25 Pilates Birgit K. | 17.45 - 19.00 (A) Yoga Michaela G. | 17.30 - 18.45 Kickboxen I Walter K. | 17.45 - 18.30 (A) Jumping Tina | 09.30 - 10.30 (A) In-Cycling (iQ) Christine B. | |
| 19.00 - 20.00 Ritmos Latinos Loida L. | 18.30 - 19.30 (A) TRX Tom Z. | 18.15 - 19.10 Body Tone Marion S. | 17.30 - 18.30 Laufftreff (W) Thomas K. | 18.45 - 19.45 Wirbelsäule Julia C. | 09.30 - 10.30 Wirbelsäule Angelika S. | |
| 20.00 - 21.15 Body Force Susan M. | 19.30 - 21.00 Kickboxen II Walter K. | 18.15 - 19.15 (A) In-Cycling (iQ) Tom H. | 17.30 - 18.30 (A) TRX meets Body Force Susan M. | 18.45 - 19.45 (A) TRX Steffi S. | | |
| | 19.45 - 21.00 (A) In-Cycling (iQ) Werner N. | 19.15 - 20.10 Wirbelsäule int. Marion S. | 18.00 - 19.00 Step Claudia B. | 19.45 - 21.15 Sitzfußball Robert N. | | |
| | 19.45 - 21.00 (A) Yoga Michaela G. | 20.15 - 21.00 Qigong Robert N. | 19.00 - 20.15 (A) YoMo Andrea Br. | | | |
| | | 21.00 - 21.30 Taiji Robert N. | 19.00 - 20.00 Body Tone Marion S. | | | |
| | | | 19.15 - 20.30 (A) In-Cycling (iQ) Christine B. | | | |
| | | | | | | 17.30 - 18.15 (A) Jumping Tina |
| | | | | | | 18.20 - 19.20 (A) TRX Susan M. |

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

Zeichenerklärung: A= mit Anmeldung iQ= mit Herzfrequenzmonitoring W= Absprache per Whatsapp

