

Kursplan

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Herbst 2019 (gültig ab 14.10.2019)

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Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
08.30 - 09.45 YoMo Andrea Br.	08.45 - 09.55 Flow Motion Birgit K.	08.30 - 09.45 Yoga (ab Nov. 19) Michaela G.	09.00 - 10.00 (A) In-Cycling (iQ) Robert N.	08.30 - 09.45 Yoga Susanne E.	
09.00 - 09.55 Body Tone Marion S.	09.00 - 10.00 (A) In-Cycling (iQ) Elke N.	08.45 - 09.45 Step II Claudia B.	09.00 - 10.00 Ritmos Latinos Loida L.	09.00 - 10.00 Body Tone Susan M.	Weekend Special (A) Team
10.00 - 11.15 (A) In-Cycling (iQ) Werner N.	10.00 - 11.15 Wirbelsäule Robert 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 Mobility Andrea Br.	10.05 - 11.05 (A) TRX Tom Z.	10.00 - 11.00 (A) BF meetsTRX Susan M.	10.10 - 11.10 (A) TRX Robert N.	10.00 - 11.00 Wirbelsäule Angelika S.	
10.00 - 11.00 Step I + II Marion S.				18.00 - 19.00 (A) In-Cycling (iQ) Sylvia A.	
18.00 - 18.55 BBP Lissy S.	17.30 - 18.15 (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.	Sonntag 09.30 - 10.30 (A) In-Cycling (iQ) Christine B. 09.30 - 10.25 Wirbelsäule Angelika S. 10.30 - 11.30 Pilates Angelika S.
18.00 - 18.55 (A) In-Cycling (iQ) Tom H.	17.30 - 18.25 (A) TRX Tom Z.	17.45 - 19.00 (A) Yoga Michaela G.	17.30 - 18.45 Kickboxen I Walter K.	17.45 - 18.30 (A) Jumping Tina W.	
19.00 - 20.00 Deep Work Lissy S.	18.30 - 19.25 Pilates Birgit K.	18.15 - 19.10 Body Tone Marion S.	17.30 - 18.30 (W) Laufftreff	18.45 - 19.45 (A) TRX Steffi S.	
19.00 - 19.55 Ritmos Latinos Loida L.	18.30 - 19.30 (A) TRX Tom Z.	18.15 - 19.10 (A) In-Cycling (iQ) Tom H.	17.30 - 18.30 (A) BF meetsTRX Susan M.	18.45 - 19.45 Wirbelsäule Julia C.	
19.00 - 19.55 (A) In-Cycling (iQ) Tom H.	19.30 - 21.00 Kickboxen II Walter K.	19.15 - 20.15 Wirbelsäule intensiv Marion S.	18.00 - 19.00 Step II Claudia B.	18.45 - 19.45 (A) In-Cycling (iQ) Marion A.	
20.00 - 21.15 Body Force Susan M.	19.45 - 21.00 (A) In-Cycling (iQ) Werner N.	19.15 - 20.15 (A) In-Cycling (iQ) Sylvia A.	19.00 - 20.15 (A) YoMo Andrea Br.		
20.00 - 21.00 (A) In-Cycling (iQ) Vreni W.	19.45 - 21.00 (A) Yoga Michaela G.	20.15 - 21.00 Qigong	19.00 - 20.15 Body Tone Marion S.		
		21.00 - 21.30 Taiji Robert N.	19.15 - 20.30 (A) In-Cycling (iQ) Christine B.		

Farberklärung: grün = Outdoor gelb = gelber Raum rot = roter Raum weiß = weißer Raum grau = Klettereck
 Zeichenerklärung: iQ = mit Herzfrequenzmonitoring A = mit Anmeldung W: WhatsApp-Gruppen/Homepage

