

Kursplan

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Übergangsplan 2020 (gültig ab 08.06.20)

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Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07.45 - 08.45 (A) Step Marion S.	08.45 - 09.45 (A) Flow Motion Birgit K.	08.45 - 09.45 (A) Yoga Michaela G.	09.00 - 10.00 (A) In-Cycling (iQ) Robert N.	08.30 - 09.30 (A) Yoga Susanne E.		
08.30 - 09.30 (A) YoMo Andrea Br.	09.00 - 10.00 (A) In-Cycling (iQ) Elke N.	08.45 - 09.45 (A) Step II Claudia B.	09.00 - 10.00 (A) Ritmos Latinos Loida L.	09.00 - 10.00 (A) Body Tone Susan M.		
09.00 - 10.00 (A) Body Tone Marion S.	10.00 - 11.00 (A) Wirbelsäule Robert N.	10.00 - 11.00 (A) Pilates Monika S.	10.15 - 11.15 (A) Body & Mind Andrea Br.	10.10 - 11.10 (A) In-Cycling (iQ) Tom Z.		
09.50 - 10.50 (A) In-Cycling (iQ) Werner N.	10.05 - 11.05 (A) TRX Tom Z.	10.05 - 11.05 (A) TRX Susan M.	10.15 - 11.15 (A) TRX Robert N.	10.15 - 11.15 (A) Wirbelsäule Susan M.		
10.00 - 11.00 (A) YoMo Andrea Br.						
17.30 - 18.30 (A) Lauffreff (W) Team	17.30 - 18.15 (A) Jumping Kerstin	15.45 - 16.45 (A) Linedance Monika N.	16.30 - 17.30 (A) Tae-Kwon-Do Walter K.	16.30 - 17.30 (A) Gesundheitswandern Tina W.		
18.00 - 18.55 (A) BBP & Tone Lissy S.	17.30 - 18.30 (A) TRX Vreni	17.00 - 17.45 (A) Jumping Vreni	17.45 - 18.45 (A) Kickboxen I Walter K.	16.25 - 17.25 (A) TRX Steffi S.	09.30 - 10.30 (A) In-Cycling (iQ) Christine B.	
19.00 - 20.00 (A) In-Cycling (iQ) Tom H.	18.30 - 19.30 (A) Pilates Lissy S.	18.00 - 19.00 (A) Yoga Michaela G.	17.30 - 18.30 (A) Lauffreff (W) Team	17.40 - 18.40 (A) TRX Steffi S.	09.30 - 10.30 (A) Wirbelsäule Loida L.	
19.10 - 20.00 (A) Deep Work Lissy S.	18.45 - 19.30 (A) Tabata-Cross Vreni	18.00 - 19.00 (A) Body Tone Marion S.	17.30 - 18.30 (A) TRX Susan M.	17.45 - 18.30 (A) Jumping Flow Tina W.	10.45 - 11.45 (A) Pilates Loida L.	
19.00 - 20.00 (A) Ritmos Latinos Loida L.	18.45 - 19.45 (A) Yoga Michaela G.	19.00 - 20.00 (A) In-Cycling (iQ) Tom H.	18.00 - 19.00 (A) Step Claudia B.	18.45 - 19.45 (A) Wirbelsäule Julia C.		
20.015- 21.15 (A) In-Cycling (iQ) Vreni W.	19.45 - 20.45 (A) In-Cycling (iQ) Werner N.	19.00 - 19.45 (A) Tabata-Cross Christina	19.00 - 20.00 (A) YoMo Andrea Br.	18.55 - 19.55 (A) TRX Steffi S.		
20.15 - 21.15 (A) Body Force Susan M.	19.45 - 20.45 (A) Kickboxen II Walter K.	19.15 - 20.10 (A) Wirbelsäule int. Marion S.	19.00 - 20.00 (A) Body Tone Marion S.	19.00 - 20.00 (A) In-Cycling (iQ) Marion A.		
	20.00 - 21.00 (A) Yoga Michaela G.	20.20 - 21.00 (A) Qigong Robert N.	19.15 - 20.15 (A) In-Cycling (iQ) Christine B.			
		21.10 - 21.40 (A) Taiji Robert N.				
						18.00 - 19.00 (A) TRX Susan M.
						18.30 - 19.30 (A) Jumping meets Meditation Tina

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

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

