

Kursplan

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Kursplan Herbst 2020 (gültig ab 12.10.20)

TEL: 08856-9367799



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
07.45 - 08.45 (A) Step Marion S.	08.45 - 09.45 (A) Flow Motion	08.30 - 09.45 (A) Yoga Michaela G.	09.00 - 10.00 (A) In-Cycling (iQ) Robert N.	08.30 - 09.45 (A) Yoga Susanne E.	Weekend Special (A) siehe Aushang und Homepage
08.30 - 09.45 (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 Force Shape 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.	10.10 - 11.10 (A) TRX Tom Z.	10.05 - 11.05 (A) TRX meets BF Susan M.	10.15 - 11.15 (A) TRX Robert N.	10.15 - 11.15 (A) Wirbelsäule Susan M.	
10.15 - 11.30 (A) Mobility Andrea Br.		15.45 - 16.45 (A) Linedance Monika N.			18.00 - 19.00 (A) In-Cycling (iQ) Sylvia A..
17.30 - 18.30 (A) Lauftreff (W) Team	17.15 - 18.15 (A) TRX Vreni W.	17.00 - 17.45 (A) Jumping Vreni	16.30 - 17.30 (A) Tae-Kwon-Do Walter K.		Sonntag 09.30 - 10.30 (A) In-Cycling (iQ) Christine B. 09.30 - 10.30 (A) Wirbelsäule Loida L. 10.45 - 11.45 (A) Pilates Loida L.
17.45 - 18.45 (A) TRX Loida L.	17.25 - 18.10 (A) Jumping Kerstin	17.45 - 18.45 (A) Yoga Michaela G.	17.45 - 18.45 (A) Kickboxen I Walter K.	16.25 - 17.25 (A) TRX Steffi S.	
17.45 - 18.45 (A) In-Cycling (iQ) Tom H.	18.25 - 19.25 (A) Yoga Michaela G.	18.00 - 18.55 (A) Body Tone Marion S.	17.30 - 18.30 (A) Lauftreff (W) Team	17.40 - 18.40 (A) TRX Steffi S.	
18.00 - 18.55 (A) BBP & Tone Lissy S.	18.30 - 19.30 (A) TRX Vreni W.	18.00 - 19.00 (A) In-Cycling (iQ) Tom H.	17.30 - 18.30 (A) TRX meets BF Susan M.	17.45 - 18.45 (A) In-Cycling (iQ) Vreni W.	
19.00 - 20.00 (A) Ritmos Latinos Loida L.	18.35 - 19.35 (A) Pilates Lissy S.	18.00 - 18.45 (A) Tabata-Cross Christina	17.45 - 18.45 (A) Step II Claudia B.	17.45 - 18.30 (A) Jumping Flow Tina W.	
19.00 - 20.00 (A) In-Cycling (iQ) Tom H.	19.45 - 21.00 (A) Kickboxen II Walter K.	19.00 - 20.00 (A) Yoga Masa	19.00 - 20.00 (A) YoMo Relax Andrea B.	18.45 - 19.45 (A) Wirbelsäule Julia C.	
19.10 - 20.00 (A) Deep Work Lissy S.	19.45 - 21.00 (A) Yoga Michaela G.	19.10 - 20.05 (A) Wirbelsäule Marion S.	19.00 - 20.00 (A) Body Tone Marion S.	18.55 - 19.55 (A) TRX Steffi S.	
20.15 - 21.15 (A) In-Cycling (iQ) Vreni W.	19.50 - 20.50 (A) In-Cycling (iQ) Werner N.	19.15 - 20.15 (A) In-Cycling (iQ) Sylvia A..	19.15 - 20.15 (A) In-Cycling (iQ) Christine B.	19.00 - 20.00 (A) In-Cycling (iQ) Marion A.	
20.15 - 21.15 (A) Body Force Master Susan M.		20.20 - 21.00 (A) Qigong Robert N.	20.15 - 21.15 (A) Yoga Masa	18.00 - 19.00 (A) TRX meets BF Susan M. 18.00 - 19.00 (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

