

Kursplan

beyou-fitness.com

Kursplan Sommer 2021 (gültig ab 18.07.21)

TEL: 08856-9367799



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

08.30 - 09.45 (A) YoMo Andrea Br.
09.00 - 10.00 (A) Body Tone Marion S.
09.50 - 10.50 (A) In-Cycling (iQ) Werner N.
10.15 - 11.30 (A) Mobility Andrea Br.

09.00 - 10.00 (A) In-Cycling (iQ) Elke N.
10.00 - 11.15 (A) Wirbelsäule Robert N.
10.10 - 11.10 (A) TRX Tom Z.

08.45 - 09.45 (A) Step Claudia B.
10.00 - 11.00 (A) Pilates Monika S.
10.05 - 11.05 (A) TRX meets BF Susan M.

09.00 - 10.00 (A) In-Cycling (iQ) Robert N.
09.00 - 10.00 (A) Ritmos Latinos Loida L.
10.15 - 11.15 (A) Body & Mind Andrea Br.
10.15 - 11.15 (A) TRX Robert N.

08.30 - 09.45 (A) Yoga Susanne E.
09.00 - 10.00 (A) Body Force Shape Susan M.
10.10 - 11.10 (A) In-Cycling (iQ) Tom Z.
10.15 - 11.15 (A) Wirbelsäule Susan M.
10.00 - 11.00 (A) Linedance 2
11.15 - 12.15 (A) Linedance 1 Monika N.

Weekend Special (A)
siehe Aushang und Homepage

17.30 - 18.30 (A) Laufftreff (W) Team
17.55 - 18.50 (A) BBB & Tone Lissy S.
19.00 - 20.00 (A) Ritmos Latinos Loida L.
19.00 - 20.00 (A) In-Cycling (iQ) Tom H.
19.05 - 20.00 (A) Pilates Lissy S.
20.15 - 21.15 (A) In-Cycling (iQ) Vreni W.
20.15 - 21.15 (A) Body Force Master Susan M.

17.30 - 18.30 (A) TRX Vreni W.
17.30 - 18.30 (A) Jumping Kerstin
18.30 - 19.30 (A) In-Cycling (iQ) Werner N.
18.45 - 19.45 (A) TRX Vreni W.
19.30 - 20.45 (A) Yoga Michaela G.

17.00 - 17.45 (A) Jumping Vreni
18.00 - 19.00 (A) Body Tone Marion S.
18.00 - 19.00 (A) Yoga Michaela G.
18.00 - 18.45 (A) Tabata Cross Christina M.
19.00 - 20.00 (A) In-Cycling (iQ) Tom H.
19.15 - 20.15 (A) Wirbelsäule Marion S.
19.30 - 20.30 (A) Qigong Robert N.
20.30 - 21.15 (A) Taiji Robert N.

16.30 - 17.30 (A) Tae-Kwon-Do Walter K.
17.30 - 18.30 (A) TRX meets BF Susan M.
17.45 - 19.00 (A) Kickboxen I Walter K.
18.00 - 19.00 (A) Step Claudia B.
19.00 - 20.15 (A) Yoga Masa
19.15 - 20.10 (A) Body Tone Marion S.
19.15 - 20.15 (A) In-Cycling (iQ) Christine B.

17.30 - 18.30 (A) TRX Steffi S.
17.45 - 18.30 (A) Jumping Flow Tina W.
18.45 - 19.45 (A) Wirbelsäule Julia C.
18.45 - 19.45 (A) TRX Steffi S.
19.00 - 20.00 (A) In-Cycling (iQ) Marion A.

09.30 - 10.30 (A) In-Cycling (iQ) Christine B.
09.30 - 10.30 (A) Wirbelsäule Marion A.
10.45 - 11.45 (A) Body Tone Marion A.

17.00 - 18.00 (A) TRX meets BF Susan M.
17.45 - 18.30 (A) Jumping Flow Tina W.
18.45 - 19.15 (A) 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

