

Kursplan

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Kursplan Herbst 2021 (gültig ab 11.10.21)

TEL: 08856-9367799



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
08.25 - 08.55 Smovey Moves Marion S.	08.45 - 09.55 Wirbelsäule Robert N.	08.45 - 09.45 Step Choreo Claudia B.	09.00 - 10.00 In-Cycling (iQ) Robert N.	08.30 - 09.45 Yoga Regina G.	Weekend Special siehe Aushang und Homepage
08.30 - 09.45 YoMo Andrea Br.	09.00 - 10.00 In-Cycling (iQ) Elke N.	10.00 - 11.00 Pilates Monika S.	09.00 - 10.00 Ritmos Latinos Loida L.	09.00 - 10.00 Body Force Shape Susan M.	
09.00 - 10.00 Body Tone Marion S.	10.10 - 11.20 Wirbelsäule Robert N.	10.05 - 11.05 TRX meets BF Susan M.	10.10 - 11.10 Body & Mind Andrea Br.	10.10 - 11.10 In-Cycling (iQ) Tom Z.	
10.05 - 11.05 In-Cycling (iQ) Werner N.	10.10 - 11.10 TRX Tom Z.		10.15 - 11.15 TRX Robert N.	10.15 - 11.15 Wirbelsäule Susan M.	
10.15 - 11.30 Mobility Andrea Br.				10.15 - 11.45 Linedance Monika N.	
17.30 - 18.30 Lauffreff (W) Team	17.20 - 18.20 TRX Vreni W.	17.00 - 17.45 Jumping Vreni	16.30 - 17.30 Tae-Kwon-Do Walter K.		Sonntag 09.30 - 10.30 In-Cycling (iQ) Christine B. 09.30 - 10.30 Wirbelsäule Marion A. 10.45 - 11.45 Body Tone Marion A.
17.55 - 18.55 In-Cycling (iQ) Tom H.	17.30 - 18.15 Jumping Kerstin	17.55 - 18.50 (A) Body Tone Marion S.	17.30 - 18.30 TRX meets BF Susan M.	17.30 - 18.30 TRX Steffi S.	
17.55 - 18.50 BBB & Tone Lissy S.	18.30 - 19.45 Yoga Michaela G.	17.45 - 19.00 Yoga Michaela G.	17.45 - 19.00 Kickboxen Walter K.	17.45 - 18.30 Jumping Flow Tina W.	
19.00 - 20.00 Ritmos Latinos Loida L.	18.35 - 19.35 TRX Vreni W.	18.00 - 18.45 Tabata Cross Christina M.	18.00 - 19.00 Step Choreo Claudia B.	18.45 - 19.45 TRX Steffi S.	
19.10 - 20.10 In-Cycling (iQ) Vreni W.	19.45 - 20.45 In-Cycling (iQ) Werner N.	18.00 - 19.00 In-Cycling (iQ) Tom H.	18.30 - 19.30 Lauffreff (W) Team	19.00 - 20.00 In-Cycling (iQ) Marion A.	
19.05 - 20.00 Deep Work Lissy S.		19.00 - 19.50 Funktioneller Rücken Marion S.	19.00 - 20.15 Yoga Masa		
20.15 - 21.15 Body Force Master Susan M.		19.15 - 20.215 In-Cycling (iQ) Tom H.	19.15 - 20.10 Body Tone Marion S.		
		19.30 - 20.15 Qigong Robert N.	19.20 - 20.20 In-Cycling (iQ) Christine B.		
		20.20 - 21.00 Taiji Robert N.		17.00 - 18.00 TRX meets BF Susan M. 18.15 - 19.00 Jumping Flow Tina W.	

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

Zeichenerklärung: iQ = mit Herzfrequenzmonitoring W = Absprache per Whatsapp-Gruppe

