

Kursplan beNew

Uhrzeit	Montag			Dienstag			Mittwoch			Donnerstag			Freitag		
	Raum1	Raum 2	Raum 3	Raum1	Raum 2	Raum 3	Raum 1	Raum 2	Raum 3	Raum 1	Raum 2	Raum 3	Raum 1	Raum 2	Raum 3
8:00															
8:15															
8:30															
8:45															
9:00		Yoga 9:00-10:00		Twiddle Step 9:00-10:00				Morning Jumping 9:00-10:00			Reha-Sport 9:00-10:00				
9:15		<i>Petra</i>		<i>Bivi</i>				<i>Ina</i>			<i>Bivi</i>				
9:30											Reha-Sport 10:00-11:00				
9:45											<i>Bivi</i>				
10:00					Reha-Sport 10:00-11:00										
10:15		YoGe 10:15-11:15			<i>Bivi</i>										
10:30		<i>Petra</i>													
10:45															
11:00															
11:15															
15:30															
15:45		Reha-Sport 15:45-16:45													
16:00															
16:15		<i>Bivi</i>													
16:30															
16:45	Zumba Junior 16:45-17:30	BeBo 16:45-17:45		Hip Hop Kids 16:45-17:45			Zumba Kids 16:45-17:30								
17:00	<i>Tina</i>	<i>Bivi</i>		<i>Yeukai</i>			<i>Tina</i>							Jumping 17:00-18:00	
17:15														<i>Ina</i>	
17:30					BBP 17:30-18:30			Body Boost 17:30-18:15							
17:45	Twiddle Step 17:45-18:45			DanceFit 17:45-18:45				<i>Ina</i>							
18:00		M.A.X. 18:00-18:30		<i>Yeukai</i>	<i>Bivi</i>	Functional Circle 18:00-19:00	Strong 18:00-18:30						Zumba 18:00-19:00		
18:15	<i>Bivi</i>	<i>Ina</i>				<i>Micha</i> im Functional Bereich	<i>Nadine</i>						<i>Nadine</i>		
18:30								Jumping 18:30-19:30			Bodyfit 18:30-19:30	Wirbelsäule 18:30-19:30			
18:45								<i>Ina</i>	Indoor Cycling 19:00-20:00	<i>Sven</i>	<i>Sven</i>	<i>Annette</i>			
19:00	Zumba 19:00-20:00	Jumping 19:00-20:00			Yoga 19:00-20:00										Indoor Cycling 19:00-20:00
19:15		<i>Ina</i>			<i>Petra</i>						Bauch 19:30-20:00				<i>Dirk</i>
19:30	<i>Helena</i>								<i>Dirk</i>		<i>Sven</i>				
19:45															
20:00															
20:15															



gültig ab 01.05.2022

für ALLE KURSE bitte anmelden auf www.benew-fitness-studio.de/kurse

beNew | inh. manuel unfried | möglinger straße 37 | 73540 heubach | 07173-4458 | info@benew-fitness-studio.de | www.benew-fitness-studio.de