

KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:10 - 09:55 Vinyasa Yoga MANJA	10:00 - 10:50 BodyFit FELORA	09:30 - 10:30 Pilates TSVETTY	08:00 - 09:00 Yoga CELINE	09:30 - 10:30 BodyFit TIZIANA	10:00 - 10:50 Body Workout REBECCA	10:00 - 11:00 Muscle Power SEENO
10:00 - 11:00 BodyFit TSVETTY	11:00 - 12:00 Pilates Balance FELORA	10:30 - 12:00 Nia ULRIKA	09:30 - 10:30 BodyFit RUSCHA	10:30 - 11:30 RückenFit / Stretch TIZIANA	11:00 - 12:00 Pilates Fusion REBECCA	11:00 - 11:50 RückenFit & Stretch FELORA
11:00 - 12:00 Pilates TSVETTY			10:30 - 11:45 RückenFit / Stretch FELORA			12:00 - 13:00 Cardio Body Workout FELORA
17:00 - 18:00 BodyFit / Stretch RUSCHA	17:00 - 18:00 Bauch Beine Po Intense MICHAEL	17:00 - 18:00 Bauch Beine Po MADITA	17:00 - 18:00 HIIT Workout SHEDAMS	17:00 - 18:00 Yoga MANJA	15:00 - 16:00 BodyFit ISABELL	15:00 - 16:00 BodyFit REBECCA
18:00 - 19:00 Body Workout RUSCHA	18:00 - 19:00 BodyFit MICHAEL	18:00 - 18:50 Body Workout SHEDAMS	18:00 - 18:50 BodyShape SOFIE	18:00 - 18:50 Power Pilates MAGDALENA	16:00 - 17:00 Yoga ISABELL	16:00 - 17:00 Zumba LILY
19:00 - 20:00 Pilates Fusion REBECCA	19:00 - 20:00 Pilates MARTA	19:00 - 20:00 Vinyasa Yoga PILI	19:00 - 20:00 Pilates SOFIE	19:00 - 20:00 Zumba MAGDALENA		17:00 - 18:00 Yoga MYRIAM
20:00 - 21:00 Zumba LAURA	20:00 - 21:00 Yoga MARTA	20:00 - 21:00 Zumba PILI		20:00 - 21:00 Afrobeats Cardio Dance SHEDAMS		

ÖFFNUNGSZEITEN
 Mo, Mi, Fr 09:00 - 23:00 Uhr
 Di, Do 07:00 - 23:00 Uhr
 Sa, So 09:00 - 20:00 Uhr
 Feiertage 10:00 - 20:00 Uhr

ADRESSE
 Aera Fitness Club
 Im Bosseldorn 23/1
 69126 Heidelberg

An Feiertagen finden Kurse nach Aushang statt