

KURSPLAN

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|--|--|--|--|--|--|---|
| 09:30 - 10:30 Yoga MARTA | 10:00 - 10:50 BodyFit FELORA | 09:30 - 10:30 Pilates MARTA | 09:30 - 10:30 BodyFit RUSCHA | 09:30 - 10:30 BodyFit SARA | 10:00 - 10:50 Body Workout REBECCA | 10:00 - 11:00 Muscle Power SEENO |
| 10:30 - 11:30 BodyFit MARTA | 11:00 - 12:00 Pilates Balance FELORA | 10:30 - 12:00 Nia ULRIKA | | 10:30 - 11:30 Rückenfit SARA | 11:00 - 12:00 Pilates Fusion REBECCA | 11:00 - 11:50 Rücken Fit & Stretch FELORA |
| | | | | | | 12:00 - 13:00 Cardio Body Workout FELORA |
| 17:00 - 18:00 BodyFit / Stretch RUSCHA | 17:00 - 18:00 DeepWork MICHAEL | 17:00 - 18:00 HIIT Workout SHEDAMS | 17:00 - 18:00 Pilates REBECCA | 18:00 - 18:50 Power Pilates MAGDALENA | | 16:00 - 17:00 BodyFit REBECCA |
| 18:00 - 19:00 Body Workout RUSCHA | 18:00 - 19:00 BodyFit MICHAEL | 18:00 - 18:50 Rückenfit SARA | 18:00 - 18:50 Body Workout JULIA | 19:00 - 20:00 Zumba MAGDALENA | | 17:00 - 18:00 Yoga MYRIAM |
| 19:00 - 20:00 Muscle Power MADITA | 19:00 - 20:00 Pilates MARTA | 19:00 - 20:00 Body Workout SARA | 19:00 - 20:00 Bauch Beine Po JULIA | 20:00 - 21:00 Afrobeats Cardio Dance SHEDAMS | | |
| 20:00 - 21:00 Zumba LAURA | 20:00 - 21:00 Yoga MARTA | 20:00 - 21:00 Zumba PILI | | | | |

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