

# 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 Yogilates ISABELL	10:30 - 11:30 Rückenfit SARA	11:00 - 12:00 Pilates Fusion REBECCA	11:00 - 11:50 Rücken Fit & Stretch FELORA
			11:30 - 12:30 Yin Yoga ISABELL			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	17:00 - 18:00 Muscle Power SOFIE		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	18:00 - 18:50 Power Pilates 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	19:00 - 20:00 Zumba MAGDALENA		
20:00 - 21:00 Zumba LAURA	20:00 - 21:00 Yoga MARTA	20:00 - 21:00 Zumba PILI	20:00 - 21:00 Mobility SOFIE	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