

KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00 - 09:55 Vinyasa Yoga MANJA	10:00 - 10:50 BodyFit FELORA	09:30 - 10:30 BodyFit MADITA	09:30 - 10:30 BodyFit RUSCHA	09:30 - 10:30 BodyFit SOFIE	10:00 - 10:50 Body Workout REBECCA	09:00 - 09:55 BodyFit SEENO
10:00 - 11:00 BodyFit SEENO	11:00 - 12:00 Pilates Balance FELORA	10:30 - 12:00 Nia ULRIKA	10:30 - 11:45 RückenFit & Stretch FELORA	10:30 - 11:30 Flexibility Yoga FRANZI	11:00 - 12:00 Pilates Fusion REBECCA	10:00 - 11:00 Muscle Power SEENO
						11:00 - 11:50 RückenFit & Stretch FELORA
						12:00 - 13:00 Cardio Body Workout FELORA
17:00 - 18:00 BodyFit / Stretch RUSCHA	18:00 - 19:00 Pilates Fusion REBECCA	17:00 - 18:00 Pilates AMELIA	17:00 - 18:00 Core & Shape AMELIA	17:00 - 18:00 Yoga MANJA		17:00 - 18:00 Yoga MYRIAM
18:00 - 19:00 Body Workout RUSCHA	19:00 - 20:00 HIIT Workout SHEDAMS	18:00 - 18:50 Body Workout SHEDAMS	18:00 - 19:00 BodyFit REBECCA	18:00 - 18:50 Power Pilates MAGDALENA		
19:00 - 20:00 Power Yoga FRANZI	20:00 - 21:00 Bauch Beine Po SHEDAMS	19:00 - 20:00 Vinyasa Yoga PILI	19:00 - 20:00 Regeneration Yin Yoga KATHARINA	19:00 - 20:00 Zumba MAGDALENA		
20:00 - 21:00 Zumba LAURA		20:00 - 21:00 Zumba PILI	20:00 - 21:00 Afrobeats Cardio Dance SHADEMS			

ÖFFNUNGSZEITEN
 Mo - Fr 06:00 - 23:00 Uhr
 Sa, So 08:00 - 20:00 Uhr
 Feiertage 08:00 - 20:00 Uhr

ADRESSE
 Aera Fitness Club
 Im Bosseldorn 23/1
 69126 Heidelberg

An Feiertagen finden Kurse nach Aushang statt