

# KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:30 - 10:45 Yoga	09:30 - 10:30 Cross Athletics	09:15 - 10:15 Rückenfit/Stretch	09:30 - 10:30 Body Fit	9:30 - 10:30 Body Fit	10:00 - 11:00 Muscle Power	11:00 - 12:00 Rückenfit/Stretch
09:30 - 10:45 Rückenfit/Stretch	10:00 - 11:00 Body Fit	10:30 - 12:00 Nia	10:30 - 11:30 Yoga	10:30 - 11:30 Rückenfit		
	11:00 - 12:00 Pilates Balance					
17:00 - 18:00 Body Fit	17:30 - 18:00 Core Training	17:00 - 18:00 HIIT Workout	17:00 - 18:00 Yoga	17:00 - 18:00 Yoga	14:00 - 15:15 Yin Yoga (Slow Flow)	12:00 - 13:00 Functional Athletics
18:00 - 19:00 Pilates	18:00 - 19:00 TABATA	18:00 - 19:00 Rückenfit	18:00 - 19:00 Rückenfit	18:00 - 19:00 TABATA		13:00 - 14:00 TABATA
18:00 - 18:30 Bauch Intensive	19:00 - 20:00 Indoor Cycling	19:00 - 20:00 RRB Indoor Cycling	19:00 - 19:30 TABATA	19:00 - 20:00 Pilates		14:00 - 15:00 Pilates
19:00 - 20:00 Indoor Cycling	19:00 - 20:00 Pilates	19:00 - 20:00 Muscle Power	19:30 - 20:30 Cross Athletics	20:00 - 21:00 Zumba		18:00 - 19:15 Yoga
19:00 - 20:00 Muscle Power	20:15 - 21:15 Functional Athletics	20:00 - 21:00 Zumba	19:30 - 20:30 Body Fit			
19:00 - 20:00 Cross Athletics						
20:00 - 21:00 Zumba						

<b>Adresse</b>	 <b>Öffnungszeiten</b>
Aera Fitness Club Im Bosseldorn 23/1 69126 Heidelberg	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

An Feiertagen finden Kurse nach Aushang statt

[www.aera-fitness.de](http://www.aera-fitness.de)  
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