

# KURSPLAN

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

## Adresse

Aera Fitness Club  
Im Bosseldorn 23/1  
69126 Heidelberg



## 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

An Feiertagen finden Kurse nach Aushang statt

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

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