

# STARS FITNESS Klosterneuburg

## WOCHENKURSPLAN: 13.05. - 19.05.2024

### Montag, 13.05.

| UHRZEIT       | KURS        | TRAINER | RAUM               |
|---------------|-------------|---------|--------------------|
| 09:30 - 10:30 | Bodywork    | Zuzana  | SAAL 1             |
| 09:30 - 10:15 | Aqua        | Karin   | POOL               |
| 10:30 - 12:00 | Yoga        | Michel  | SAAL 1             |
| 10:45 - 11:30 | Aqua        | Karin   | POOL               |
| 17:00 - 18:00 | Bodywork    | Zuzana  | SAAL 1             |
| 18:30 - 19:30 | Yoga        | Lucie   | SAAL 2             |
| 18:00 - 19:00 | Iron System | Rudi    | SAAL 1             |
| 18:15 - 19:00 | Aqua        | Karin   | POOL               |
| 19:00 - 19:45 | H.I.I.T.    | Maxi    | Functional Bereich |
| 19:00 - 20:30 | Salsation   | Maciej  | SAAL 1             |
| 19:30 - 20:30 | Cycling     | Rudi    | SAAL 2             |

### Dienstag, 14.05.

| UHRZEIT       | KURS                 | TRAINER    | RAUM   |
|---------------|----------------------|------------|--------|
| 08:30 - 09:30 | Backhealth           | Filip      | SAAL 1 |
| 09:30 - 10:30 | Backhealth           | Filip      | SAAL 1 |
| 09:15 - 10:15 | Pilates              | Brigitte   | SAAL 2 |
| 10:30 - 12:00 | Bodywork und Stretch | Lisi       | SAAL 1 |
| 10:30 - 11:30 | Dance&Fun            | Karina     | SAAL 2 |
| 10:45 - 11:30 | Aqua                 | Milena     | POOL   |
| 12:30 - 14:00 | Mobility+Stretch     | Roman      | SAAL 1 |
| 17:00 - 18:00 | Neu Bodywork         | Petra      | SAAL 1 |
| 17:00 - 17:45 | Zirkeltraining       | Filip      | SAAL 2 |
| 17:45 - 18:30 | Rumpf Workout        | Filip      | SAAL 2 |
| 18:00 - 19:00 | Pilates              | Jelena     | SAAL 1 |
| 18:30 - 19:30 | NEU Power Beats      | Konstantin | SAAL 2 |
| 19:00 - 20:15 | Yoga                 | entfällt   | SAAL 1 |
| 19:30 - 20:00 | NEU Flex and Tone    | Konstantin | SAAL 2 |

### Mittwoch, 15.05.

| UHRZEIT       | KURS         | TRAINER    | RAUM               |
|---------------|--------------|------------|--------------------|
| 08:30 - 09:30 | Yogalates    | Sabine     | SAAL 1             |
| 09:30 - 10:30 | Bodywork     | Pat        | SAAL 1             |
| 10:00 - 11:00 | Salsation    | Ina        | SAAL 2             |
| 10:30 - 11:30 | Bodywork     | Helga      | SAAL 1             |
| 10:45 - 11:30 | Aqua         | Milena     | POOL               |
| 17:00 - 18:00 | Bodywork     | Maxi       | SAAL 1             |
| 18:00 - 19:00 | Pilates      | Konstantin | SAAL 1             |
| 18:00 - 19:00 | Cycling      | Rudi       | SAAL 2             |
| 18:00 - 18:45 | Neu H.I.I.T. | Maxi       | Functional Bereich |
| 19:00 - 20:30 | Yoga         | Eva        | SAAL 2             |
| 19:00 - 19:45 | Aqua         | Konstantin | POOL               |
| 19:00 - 20:00 | Iron System  | Rudi       | SAAL 1             |

### Donnerstag, 16.05.

| UHRZEIT       | KURS             | TRAINER  | RAUM   |
|---------------|------------------|----------|--------|
| 07:30 - 08:30 | Yoga             | Peter    | SAAL 1 |
| 08:30 - 09:30 | Pilates          | Brigitte | SAAL 1 |
| 09:15 - 10:15 | Pilates          | entfällt | SAAL 2 |
| 09:30 - 10:30 | Pilates          | Brigitte | SAAL 1 |
| 10:30 - 11:30 | Bodywork         | Zuzana   | SAAL 1 |
| 10:45 - 11:30 | Aqua             | Milena   | POOL   |
| 12:30 - 14:00 | Mobility+Stretch | Milena   | SAAL 1 |
| 17:00 - 17:45 | Zirkeltraining   | Filip    | SAAL 2 |
| 17:00 - 18:00 | Fatburning       | Lisi     | SAAL 1 |
| 17:45 - 18:30 | Rumpf Workout    | Filip    | SAAL 2 |
| 18:00 - 19:00 | Bodywork         | Helga    | SAAL 1 |
| 19:00 - 20:00 | Salsation        | Ina      | SAAL 2 |
| 19:00 - 19:45 | Aqua             | Helga    | POOL   |
| 19:00 - 20:00 | Yogalates        | Milena   | SAAL 1 |

### Freitag, 17.05.

| UHRZEIT       | KURS             | TRAINER | RAUM   |
|---------------|------------------|---------|--------|
| 08:30 - 09:30 | Pilates          | Sabine  | SAAL 1 |
| 09:30 - 10:30 | Pilates          | Sabine  | SAAL 1 |
| 10:30 - 11:30 | Dance            | Pat     | SAAL 2 |
| 10:30 - 11:30 | Bodywork         | Helga   | SAAL 1 |
| 10:45 - 11:30 | Aqua             | Sabine  | POOL   |
| 14:00 - 15:30 | Yoga             | Michel  | SAAL 1 |
| 17:00 - 18:00 | Bodywork         | Petra   | SAAL 1 |
| 18:00 - 19:00 | Mobility+Stretch | Petra   | SAAL 1 |
| 19:00 - 20:30 | Salsation        | Maciej  | SAAL 1 |

### Samstag, 18.05.

| UHRZEIT       | KURS      | TRAINER    | RAUM   |
|---------------|-----------|------------|--------|
| 09:15 - 10:15 | Salsation | Ina        | SAAL 1 |
| 10:30 - 11:30 | Bodywork  | Bea        | SAAL 1 |
| 11:30 - 13:00 | Yoga      | Victor     | SAAL 1 |
| 17:00 - 18:00 | Pilates   | Konstanti  | SAAL 1 |
| 18:15 - 19:00 | Aqua      | Konstantin | POOL   |

### Sonntag, 19.05.

| UHRZEIT       | KURS          | TRAINER | RAUM   |
|---------------|---------------|---------|--------|
| 08:30 - 10:00 | Bodywork      | Petra   | SAAL 1 |
| 10:30 - 11:30 | Power Pilates | Milena  | SAAL 1 |
| 10:30 - 11:30 | Bodywork      | Helga   | SAAL 2 |
| 18:00 - 19:00 | Bodywork      | Maxi    | SAAL 1 |
| 18:00 - 19:00 | Salsation     | Marlene | SAAL 2 |
| 19:00 - 20:30 | Yoga          | Eva     | SAAL 1 |