

STARS FITNESS Klosterneuburg

WOCHENKURSPLAN: 22.04. - 28.04.2024

Montag, 22.04.			
UHRZEIT	KURS	TRAINER	RAUM
09:30 - 10:30	Bodywork	Lisi	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	Maxi	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	Functional Training	Maxi	Functional Bereich
19:00 - 20:30	Salsation	Maciej i	SAAL 1
19:30 - 20:30	Cycling	Rudi	SAAL 2

Dienstag, 23.04.			
UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Backhealth	Filip	SAAL 1
09:15 - 10:15	Pilates	Brigitte	SAAL 2
09:30 - 10:30	Backhealth	Filip	SAAL 1
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	Bodywork	Petra	SAAL 1
17:00 - 17:45	Zirkeltraining	Filip	Functional Bereich
17:45 - 18:30	Rumpf Workout	Filip	Funcional
18:00 - 19:00	Pilates	Jelena	SAAL 1
18:30 - 19:30	NEU Power Beats	Anna	SAAL 2
19:00 - 20:15	Yoga	Peter	SAAL 1
19:30 - 20:00	NEU Flex and Tone	Anna	SAAL 2

Mittwoch, 24.04.			
UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Yogalates	Sabine	SAAL 1
09:30 - 10:30	Bodywork	Pat	SAAL 1
10:30 - 11:30	Bodywork	Helga	SAAL 1
10:00 - 11:00	Salsation	Ina	SAAL 2
10:45 - 11:30	Aqua	Milena	POOL
17:00 - 18:00	Bodywork	Maxi	SAAL 1
18:00 - 19:00	Pilates	Jelena	SAAL 1
18:00 - 18:45	Functional Training	Maxi	Functional Bereich
18:00 - 19:00	Cycling	Rudi	SAAL 2
19:00 - 20:30	Yoga	Lucie	SAAL 2
19:00 - 19:45	Aqua	Jelena	POOL
19:00 - 20:00	Iron System	Rudi	SAAL 1

Donnerstag, 25.04.			
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	Lisi	POOL
12:30 - 14:00	Mobility+Stretch	Milena	SAAL 1
17:00 - 17:45	Zirkeltraining	Filip	SAAL 2
17:00 - 18:00	Fatburning	Marlene	SAAL1
17:45 - 18:30	Rumpf Workout	Filip	SAAL 2
18:00 - 19:00	Bodywork	Helga	SAAL 1
19:00 - 20:00	Salsation	Ina & Lar	SAAL 2
19:00 - 19:45	Aqua	Helga	POOL
19:00 - 20:00	Yogalates	Milena	SAAL 1

Freitag, 26.04.			
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 - 20:00	Salsation	Maciej	SAAL 1

Samstag, 27.04.			
UHRZEIT	KURS	TRAINER	RAUM
09:15 - 10:15	Salsation	Ina	SAAL 1
10:30 - 11:30	Bodywork	Zuzana	SAAL 1
11:30 - 13:00	Yoga	Sabine	SAAL 1
17:00 - 18:00	Pilates	Milena	SAAL 1
18:15 - 19:00	Aqua	Milena	POOL

Sonntag, 28.04.			
UHRZEIT	KURS	TRAINER	RAUM
08:30 - 10:00	Bodywork und Stretch	Bea	SAAL 1
10:30 - 11:30	Power Pilates	Milena	SAAL 1
10:30 - 11:30	Bodywork	Helga	SAAL 2
18:00 - 19:00	Bodywork	Zuzana	SAAL 1
18:00 - 19:00	Salsation	Marlene	SAAL 2
19:00 - 20:30	Yoga	Eva	SAAL 1