STARS FITNESS Klosterneuburg

WOCHENKURSPLAN: 19.10. - 25.10.2026

Montag, 19.10.

UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Amani	Suzi	SAAL 1
09:30 - 10:30	Bodywork	Suzi	SAAL 1
09:30 - 10:15	Aqua	Jelena	POOL
09:45 - 10:45	Pilates	Lisi	SAAL 2
10:30 - 12:00	Yoga	Michel	SAAL 1
10:45 - 11:30	Aqua	Jelena	POOL
17:00 - 18:00	Bodywork	Bea	SAAL 1
17:00 - 18:00	Beat & Burn	Anna K.	SAAL 2
18:00 - 18:30	Cool down	Anna K.	SAAL 2
18:30 - 19:30	Yoga	Lucie	SAAL 2
18:00 - 19:00	Hot Iron	Rudi	SAAL 1
18:15 - 19:00	Aqua	Vertretung	POOL
19:00 - 19:45	H.I.I.T.	Hannes	Functional Bereich
19:00 - 20:30	Salsation	Ina, Lara	SAAL 1
19:30 - 20:30	Cycling	Rudi	SAAL 2

Dienstag, 20.10.

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 - 11:40	Bodywork und Stretch	Lisi	SAAL 1
10:45 - 11:30	Aqua	Milena	POOL
12:30 - 14:00	Mobility+Stretch	Roman	SAAL 1
17:00 - 18:30	Bodywork	Petra	SAAL 1
17:00 - 17:45	Zirkeltraining	Filip	SAAL 2
17:45 - 18:30	Fast & Strong	Filip	SAAL 2
18:30 - 19:30	NEU Zumba	Mila	SAAL 1
18:30 - 19:30	Pilates	Eva	SAAL 2
19:30 - 20:45	Yoga	Andi	SAAL 1

Mittwoch, 21.10.

UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Yogalates	Sabine	SAAL 1
09:30 - 10:30	BauchBeinPo	Pat	SAAL 1
09:45 - 11:15	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	Kristina	SAAL 1
18:00 - 19:00	Cycling	Rudi	SAAL 2
18:00 - 18:45	Functional Training	Maxi	Functional Bereich
19:00 - 20:30	Yoga	Lucie	SAAL 2
19:00 - 19:45	Aqua	Elias	POOL
19:00 - 20:00	Hot Iron	Rudi	SAAL 1

Donnerstag, 22.10.

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
10:15 - 11:15	Pilates	Brigitte	SAAL 2
10:30 - 11:30	Bodywork	Marlene	SAAL 1
10:45 - 11:30	Aqua	Milena	POOL
12:30 - 14:00	Mobility+Stretch	Milena	SAAL 1
17:00 - 18:00	Workout-box	Suzi	SAAL 1
17:00 - 17:45	Zirkeltraining	Filip	SAAL 2
17:45 - 18:30	Fast & Strong	Filip	SAAL 2
18:00 - 19:00	Bodywork	Helga	SAAL 1
18:30 - 19:30	Cycling	Helmuth	SAAL 2
19:30 - 20:30	Salsation	Lucy	SAAL 2
19:00 - 19:45	Aqua	Helga	POOL
19:00 - 20:00	Yogalates	Milena	SAAL 1

Freitag, 23.10.

UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Pilates	Jelena	SAAL 1
09:30 - 10:30	Pilates	Jelena	SAAL 1
10:30 - 11:30	Dance	Pat	SAAL 2
10:30 - 11:30	Bodywork	Helga	SAAL 1
10:45 - 11:30	Aqua	Jelena	POOL
14:00 - 15:30	Yoga	Michel	SAAL 1
16:00 - 17:00	Hot Iron	Manuel	SAAL 1
17:00 - 18:00	Bodywork	Petra	SAAL 1
18:00 - 19:00	Mobility+Stretch	Petra	SAAL 1
19:00 - 20:00	Salsation	Ina	SAAL 1

Samstag, 24.10.

UHRZEIT	KURS	TRAINER	RAUM
09:15 - 10:45	Salsation	Ina, Lara	SAAL 2
09:15 - 10:15	Bodywork	Bea	SAAL 1
10:30 - 11:30	Bodywork	Bea	SAAL 1
11:30 - 13:00	Yoga	Victor	SAAL 1
17:00 - 18:00	Pilates	Milena	SAAL 1
18:15 - 19:00	Aqua	Milena	POOL

Sonntag, 25.10.

UHRZEIT	KURS	TRAINER	RAUM
09:00 - 10:30	Bodywork	Anna	SAAL 1
10:30 - 11:30	Power Pilates	Milena	SAAL 1
10:30 - 11:30	Bodywork	Helga	SAAL 2
18:00 - 19:00	Bodywork	Suzi	SAAL 1
18:00 - 19:00	Salsation	Vertretung	SAAL 2
19:00 - 20:30	Yoga	Eva	SAAL 1