

# STARS FITNESS Klosterneuburg

## WOCHENKURSPLAN: 6.05. - 12.05.2024

| Montag, 06.05. |             |         |                    |
|----------------|-------------|---------|--------------------|
| 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, 07.05. |                   |         |        |
|------------------|-------------------|---------|--------|
| 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           | Milena  | SAAL 2 |
| 10:30 - 11:30    | Bodywork          | 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   | Anna    | SAAL 2 |
| 19:00 - 20:15    | Yoga              | Peter   | SAAL 1 |
| 19:30 - 20:00    | NEU Flex and Tone | Anna    | SAAL 2 |

| Mittwoch, 08.05. |             |         |                    |
|------------------|-------------|---------|--------------------|
| 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     | Jelena  | SAAL 1             |
| 18:00 - 19:00    | Cycling     | Rudi    | SAAL 2             |
| 18:00 - 18:45    | H.I.I.T.    | Maxi    | Functional Bereich |
| 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, 09.05. |                  |            |        |
|--------------------|------------------|------------|--------|
| UHRZEIT            | KURS             | TRAINER    | RAUM   |
| 07:30 - 08:30      | Yoga             | Peter      | SAAL 1 |
| 08:30 - 09:30      | Antara           | Anna       | SAAL 1 |
| 09:15 - 10:15      | Pilates          | Milena     | SAAL 2 |
| 09:30 - 10:30      | Pilates          | Anna       | 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       | Vertretung | 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 & La   | SAAL 2 |
| 19:00 - 19:45      | Aqua             | Helga      | POOL   |
| 19:00 - 20:00      | Yogalates        | Milena     | SAAL 1 |

| Freitag, 10.05. |                  |            |        |
|-----------------|------------------|------------|--------|
| 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         | Konstantin | SAAL 1 |
| 18:00 - 19:00   | Mobility+Stretch | Konstantin | SAAL 1 |
| 19:00 - 20:00   | Salsation        | Maciej     | SAAL 1 |

| Samstag, 11.05. |           |                    |        |
|-----------------|-----------|--------------------|--------|
| UHRZEIT         | KURS      | TRAINER            | RAUM   |
| 09:15 - 10:15   | Salsation | Ina, Lara & Sabine | SAAL 1 |
| 10:30 - 11:30   | Bodywork  | Vertretung         | SAAL 1 |
| 11:30 - 13:00   | Yoga      | Victor             | SAAL 1 |
| 17:00 - 18:00   | Pilates   | Konstantin         | SAAL 1 |
| 18:15 - 19:00   | Aqua      | Konstantin         | POOL   |

| Sonntag, 12.05. |               |            |        |
|-----------------|---------------|------------|--------|
| UHRZEIT         | KURS          | TRAINER    | RAUM   |
| 08:30 - 10:00   | Bodywork      | Vertretung | SAAL 1 |
| 10:30 - 11:30   | Power Pilates | Konstantin | 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 |