













MONTAG MONDAY		DIENSTAG TUESDAY		MITTWOCH WEDNESDAY		DONNERSTAG THURSDAY		FREITAG FRIDAY		SAMSTAG SATURDAY		SONNTAG SUNDAY	
08.00-08.50	TRX® Mix Susanne, Studio	08.00-08.50	Step Workout Carsten, Studio	08.00-08.50	BBP Workout Dagmar, Studio	07.00-08.00	Flow Yoga Miha, Studio	08.00-09.00	Functional Training Kim S-H, Hockey/Floor	09.00-09.50	TRX® Mix Max, Studio	09.00-09.50	Faszien-Pilates Noemi, Studio
08.00-09.00	Cycling Carsten, Cycling	09.00-09.50	Faszien Body Workout Dagmar, Studio	08.00-09.00	Functional Training Kim S-H, Hockey/Floor	08.00-09.00	BODYPUMP® Andrea H, Studio	08.00-09.00	Flow Yoga Petra, Studio	10.00-10.50	Yogalates Uta, Studio	10.00-10.50	BBP Workout Noemi, Studio
09.00-09.50	Fit Mums Workout Carsten, Studio	09.00-10.00	Cycling Carsten, Cycling	09.00-09.30	M.A.X.® Dagmar, Studio	08.15-09.15	Swimming Joachim, Pool	09.00-09.50	Step Workout Felix, Studio	10.00-11.00	Functional Training Max, Hockey	11.00-11.30	BODYPUMP® Beginners Regina, Studio
09.15-09.45	Aqua Power Susanne, Pool	10.00-10.30	Abs & Core Wellbeing Advisor, Floor	09.30-10.00	Functional Stretch Dagmar, Studio	9.00-9.30	YAB Xpress WO Alex, Studio	10.00-10.30	Flexi-Bar® Wellbeing Advisor, Floor	11.00-11.30	Slashpipe Wellbeing Advisor, Floor	11.00-11.30	Abs & Core Wellbeing Advisor, Floor
9.30-10.30	Fitness Tennis Tennis Team, Tennis	10.00-10.50	Antara® Class Christian S, Studio	10.00-10.30	Faszien Training Wellbeing Advisor, Floor	09.00-10.00	Cycling Beginners Andrea H, Cycling	10.00-10.50	BBP Workout Felix, Studio	11.00-12.00	Cycling Carsten, Cycling	11.30-12.30	BODYPUMP® Regina, Studio
09.45-10.15	Aqua Workout Susanne, Pool	10.15-10.45	Aqua Mix Dagmar, Pool	10.00-10.50	Buggy Workout Lea, Outdoor	9.30-9.50	Abs & Core Alex, Studio	10.15-10.45	Aqua Mix Lea, Pool	11.00-12.00	Functional Running Max, Outdoor	12.30-13.30	Family Cycling Regina, Cycling
10.00-10.30	VIPR® Wellbeing Advisor, Floor	11.00-11.50	BBP Workout Dagmar, Studio	10.00-11.00	Power Yoga Julie, Studio	09.45-10.15	Aqua Power Susanne, Pool	11.00-11.50	Back Workout Lea, Studio	12.00-12.50	Family Yoga Diana H, Studio	14.00-14.50	Zumba® Christina, Studio
10.00-10.50	Vital Workout Christiane, Studio	12.00-12.50	Pilates Dagmar, Studio	10.15-10.45	Aqua Mix Dagmar, Pool	10.00-10.30	Gym Ball Wellbeing Advisor, Floor	12.00-13.30	Flow Yoga Miha, Studio	13.00-13.50	Yoga Beginners Diana H, Studio	15.00-16.00	BODYPUMP® Christina, Studio
11.00-11.50	Pilates Jojo, Studio	17.00-17.50	Pilates Jojo, Studio	11.00-11.50	TRX® Mix Lea, Studio	10.00-10.50	Fit Mums Yoga Janin, Studio	15.30-16.20	TaiQiGong Gundel, Studio	14.00-15.00	BODYPUMP® Andrea V, Studio	15.00-16.00	Family Soccer Wellbeing Advisor, Hockey
11.00-12.00	Walking Christiane, Outdoor	18.00-18.30	M.A.X.® Wellbeing Advisor, Floor	12.00-13.00	BODYPUMP® Andrea V, Studio	10.15-10.45	Aqua Workout Susanne, Pool	16.00-17.00	Teens Training Wellbeing Advisor, Floor	15.00-15.50	Samstag-Special Wechseldn Rotates	16.00-16.30	M.A.X.® Kim S, Studio
12.00-13.00	Cycling Nils, Cycling	18.00-18.50	Triathlon Running Thorsten, Outdoor	16.00-17.00	Teens Training Wellbeing Advisor, Floor	11.00-11.50	Body Workout Johanna, Studio	16.30-17.00	M.A.X.® Christian S, Studio	16.00-16.30	Faszien Training Wellbeing Advisor, Floor	16.00-16.30	Aerostep Wellbeing Advisor, Floor
16.30-17.00	YAB Xpress WO Sonya, Studio	18.00-18.50	BBP Workout Agnes, Studio	17.00-17.50	Ballett Workout Susann, Studio	12.00-12.50	Vital Workout Susanne, Studio	17.00-17.50	Antara® Class Christian S, Studio	17.00-17.50	BBP Workout Karola, Studio	16.30-17.00	Abs & Core Kim S, Studio
17.00-17.50	BBP Workout Sonya, Studio	18.00-19.00	Beachvolleyball Beginners Beach Me Team, Volleyball	17.00-17.50	Bootcamp Kim S, Hockey	17.00-17.45	Cycling Xpress Andrea V, Cycling	17.00-18.00	Teens Soccer Freies Spiel Open Game, Hockey	17.00-18.00	Soccer Ü30 Freies Spiel Open Game, Hockey	17.00-17.50	Body Workout Kim S, Studio
18.00-18.30	Gymstick Wellbeing Advisor, Floor	19.15-19.45	Aqua Mix Agnes, Pool	18.00-18.30	Kettlebell Wellbeing Advisor, Floor	18.00-18.30	M.A.X.® Wellbeing Advisor, Floor	18.00-18.30	Abs & Core Wellbeing Advisor, Floor	18.00-18.30	YAB Xpress Workout Karola, Studio	17.00-18.00	Cycling Christopher, Cycling
18.00-18.50	Zumba® Sonya, Studio	19.00-19.50	Fight Workout Kristin, Studio	18.00-18.50	Pilates Susanne, Studio	18.00-18.50	Yogalates Uta, Studio	18.00-18.50	TRX® Mix Max, Studio	18.30-19.00	Abs & Core Karola, Studio	18.00-18.30	Functional Stretch Kim S, Studio
18.00-19.00	Beachvolleyball Advanced Beach Me Team, Volleyball	19.00-20.00	Functional Training Max/Lea, Hockey	18.00-19.00	Cycling Johanna, Cycling	18.00-19.00	Functional Training Max/Lea, Hockey	18.00-19.00	Cycling Felix, Cycling			18.30-20.00	Flow Yoga Uta, Studio
19.00-20.00	BODYPUMP® Martin, Studio	19.00-20.00	Triathlon Cycling Thorsten, Cycling	19.00-19.50	Box Workout Roman, Studio	18.15-18.45	Aqua Mix Agnes, Pool	19.00-19.50	BBP Workout Diana H, Studio				
19.00-20.00	Cycling Regina, Cycling	20.00-21.00	BODYPUMP® Nils, Studio	19.00-20.00	Cycling Johanna, Cycling	19.00-19.50	Body Workout Agnes, Studio	19.00-20.00	Soccer Ü20 Freies Spiel Open Game, Hockey				
19.00-20.00	Soccer Ü20 Freies Spiel Open Game, Hockey	20.15-21.15	Triathlon Swimming Thorsten, Pool/Outdoor	19.00-20.00	Fitness Tennis Tennis Team, Tennis	19.00-20.00	Soccer Ü30 Freies Spiel Open Game, Hockey	20.00-21.30	Sivananda Yoga Diana H, Studio				
19.15-20.15	Swimming Christian St, Pool/Outdoor	21.00-22.00	Yin Yoga Uta, Studio	19.15-19.45	Aqua Mix Susanne, Pool	19.15-20.15	Swimming Beginners Wiebke, Pool						
20.00-21.30	Flow Yoga Petra, Studio			20.00-20.50	TRX® Mix Susanne, Studio	20.00-20.50	Breakletics Hongy, Studio						
				20.00-21.00	Functional Training Roman, Studio	20.00-21.00	Cycling Dirk, Cycling						
				21.00-22.00	BODYPUMP® Nils, Studio	21.00-22.00	Flow Yoga Sarah, Studio						

LEGENDE | KEY

 AQUA	 CYCLING	 DANCE	 HIGH ENERGY	 MIND & BODY
 STRENGTH & CONDITIONING	 OTHER			
 Family	 Kinderbetreuungszeit Childcare	 Herzfrequenz Training HR Training		
 Hohe Ansprüche Advanced	 Teen			

Auf myASPRIA.com finden Sie unseren aktuellen Online-Kursplan, in dem Sie nach Kategorie oder Kurs filtern können. You will find the online timetable for our current classes at myASPRIA.com, where you can search by category or type of classes.

Informationen zu Kursvertretungen und Specials erhalten Sie tagesaktuell auf myASPRIA.com. For up-to-date information on instructor replacements and special events go to myASPRIA.com.

Wir bitten Sie, 5 Minuten vor Beginn im Kursraum zu sein. Bei mehr als 5 Minuten Verspätung ist eine Kursteilnahme leider nicht mehr möglich.

Please arrive at least 5 minutes before your class. If you are more than 5 minutes late, you will not be able to participate in the class.

Kinder können ab dem 7. Lebensjahr Kurse der Kategorie „Family“ besuchen. Die Kurse der Kategorie „Teenager“ sind ab 9 Jahren. Das komplette Kursangebot steht Jugendlichen ab dem 15. Lebensjahr zur Verfügung. Children 7 years and up can participate in courses of the „Family“ category. Courses in the „Teenager“ category are for children 9 years and up. The complete range of courses is available to young people of 14 years and up.

Gültig ab April 2017. Änderungen vorbehalten. Effective from April 2017. Subject to modifications.