

KURSPLAN | STUDIO CLASS TIMETABLE



MONTAG MONDAY	DIENSTAG TUESDAY	MITTWOCH WEDNESDAY	DONNERSTAG THURSDAY	FREITAG FRIDAY	SAMSTAG SATURDAY	SONNTAG SUNDAY
08.00-09.15 Hatha Yoga 2 Mind & Body 1, Kay	08.15-09.05 Indoor Cycling 1 Cycling Loft, Susanne	08.30-09.20 Bodyshape Loft 1, Carmen B.	08.30-09.00 WATFIT® ab Dezember 2017 Pool, Matthias	08.00-09.00 TribalFit WOD Basic TribalFit, Frank S.	09.00-09.50 Pilates 1 Mind & Body 1, Melanie	10.00-11.00 TribalFit WOD Basic TribalFit, Chris
09.00-10.00 TribalFit WOD Basic TribalFit, Frank S.	08.30-09.20 Power Interval Loft 1, Serkan	09.05-10.05 Pilates 2 Mind & Body 1, Serkan	09.00-09.45 Jumping Fitness® Loft 1, Andreas	08.15-09.05 Indoor Cycling 2 Cycling Loft, Susanne	10.00-10.50 Pilates 1 Mind & Body 1, Melanie	10.15-11.15 Hormonyoga Mind & Body 1, Sabine
09.15-10.00 Aqua Fit Pool, Ha	08.30-09.45 Hatha Yoga 3 Mind & Body 1, Kay	09.15-10.00 Aqua Fit Pool, Sylke	09.00-09.50 Pilates 1 Mind & Body 1, Daniela	08.15-09.05 Bodyshape Loft 1, Carmen B.	10.00-11.00 TribalFit Fitness WOD TribalFit, Uli	10.30-11.00 Fascial Fitness Loft 1, Frank J.
09.30-10.20 Wellness Yoga Mind & Body 1, Solaya	09.15-10.00 Aqua Fit Pool, Sandra	09.25-10.15 Bodyshape Loft 1, Carmen B.	09.00-10.00 TribalFit WOD Basic TribalFit, Winviell	09.15-10.05 Bodyshape Loft 1, Carmen B.	10.10-11.00 Aerobic 2 Loft 1, Julia	11.05-11.55 Boxen Functional Training Gym, Michael
09.30-10.20 deepWORK® Loft 1, Romeyo	09.30-10.20 Aerobic 1 Loft 1, Carmen B.	10.00-11.00 TribalFit WOD Basic TribalFit, Frank S.	09.20-10.05 Aqua Fit Pool, Matthias	09.30-10.50 Stressabbau Mind & Body 1, Bärbel	11.00-12.00 Hatha Yoga 1 Mind & Body 1, Bettina	11.10-12.00 Rückenfitness Loft 1, Frank J.
10.15-11.00 Aqua Fit Pool, Ha	09.30-10.20 Step Loft 2, Serkan	10.15-11.00 Aqua Fit Pool, Sylke	10.00-10.30 Express Dehnen Loft 2, Claudia O.	10.00-11.00 TribalFit WOD Basic TribalFit, Winviell	11.00-12.00 TribalFit WOD Basic TribalFit, Frank S.	11.30-12.45 Hatha Yoga 2 Mind & Body 1, Sabine
10.25-10.55 Express Dehnen Mind & Body 2, Sascha	10.00-11.15 Hatha Yoga 2 Mind & Body 1, Jost	10.15-11.30 Kundalini Yoga Mind & Body 1, Roman	10.00-11.00 Aspria Iron Work Loft 1, Andreas	10.00-11.00 Aerial Yoga Mind & Body 2, Christina	11.10-12.00 Bodyshape Loft 1, Julia	12.10-12.55 Aqua Fit Pool, Heike
10.30-11.20 Qi Gong Mind & Body 1, Solaya	10.15-11.00 Aqua Fit Pool, Sandra	10.20-11.10 Fun Ya! Loft 1, Serkan	10.00-11.00 Pilates 2 Mind & Body 1, Daniela	10.15-11.05 Step/Aerobic Basic Loft 1, Bianca	12.00-13.00 Heat Yoga Mind & Body 2, Sabine	12.10-13.00 Step Loft 2, Frank J.
10.30-11.20 Step Loft 1, Romeyo	10.30-11.20 Bodyshape Loft 1, Serkan	10.20-11.20 Heat Yoga Mind & Body 2, Sabine	10.15-11.00 Aqua Fun Pool, Alexandra	11.15-11.45 Friday Express Loft 2, Bianca	12.00-13.00 TribalFit WOD Advanced TribalFit, Winviell	12.15-14.15 Volleyball 2 Loft 1, Sebastian
11.00-11.45 Rücken-Zirkel Wellbeing Zone, Sascha	10.30-11.45 Herz & Hantel Loft 2, Carmen B.	10.25-11.05 Dance Aerobic Loft 2, Carmen B.	10.15-11.30 Hatha Yoga 2 Mind & Body 2, Bettina	11.15-12.05 Rückenfitness Loft 1, Daniel	12.10-13.00 Aqua Fit Pool, Sandra/John	13.00-14.00 Hatha Yoga 1 Mind & Body 1, Sabine
11.20-11.50 WATFIT® ab Dezember 2017 Pool, Ha	11.30-12.20 Rückenfitness Loft 1, Daniel	11.30-12.20 Express Loop Wellbeing Zone, Volker	10.35-11.20 Rücken-Zirkel Wellbeing Zone, Volker	12.00-13.00 Hatha Yoga 1 Mind & Body 1, Sabine	12.10-13.00 Zumba® Loft 1, Danelly	13.10-13.55 Aqua Fit Pool, Heike
11.30-12.20 Beckenbodentraining Loft 1, Kim	11.30-12.30 Aerial Yoga Mind & Body 2, Jost	11.30-13.00 Tai Chi 1 Loft 1, Mr. Lee	11.30-13.00 Fascial Fitness Loft 1, Frank J.	12.10-13.25 Tai Chi 2 Loft 1, Mr. Lee	12.10-13.25 Hatha Yoga 1 Mind & Body 1, Bettina	14.30-15.15 Jumping Fitness® Loft 1, Alex
11.30-12.30 Yoga Power 1 Mind & Body 1, Jost	12.00-13.00 TribalFit WOD Advanced TribalFit, Frank S.	11.40-12.55 Hatha Yoga 2 Mind & Body 1, Sabine	11.15-12.05 Indoor Cycling 1 Cycling Loft, Thomas F.	12.15-12.45 Flexi Bar® Loft 2, Daniel	13.05-13.50 Aqua Fun Pool, Sandra/John	15.30-16.30 Power Interval Loft 1, Alex
11.45-12.30 Rücken-Zirkel Wellbeing Zone, Sascha	12.20-12.40 Bauch Pur Loft 1, Daniel	16.15-17.00 Aqua Fit Pool, Carolin	11.40-12.40 Hatha Yoga 1 Mind & Body 1, Bettina	13.00-13.45 Aqua Fit Pool, Sandra	13.10-14.00 Skigymnastik Loft 1, Danelly	16.45-17.45 Aspria Iron Work Loft 1, Alex
16.40-17.40 Aspria Iron Work Loft 1, Andreas	12.45-13.35 Rückenfitness mit Wellness Beats Loft 1, Daniel	17.10-18.00 Schwimmtechnik-Training Pool, Thomas L.	11.45-12.35 Rückenfitness Loft 1, Frank J.	13.50-14.50 Aspria Iron Work Loft 1, Andreas	13.10-14.00 Ballett 1 Loft 2, Maria	17.30-18.45 adidas® Yoga 2 Mind & Body 1, Birgit
17.40-18.40 Pilates 2 Mind & Body 1, Melanie	16.15-16.45 Fascial Fitness Mind & Body 1, Matthias	17.50-18.40 Rückenfitness Loft 1, Stefano	12.40-13.00 Entspannung Loft 1, Frank J.	14.00-14.45 Aqua Fit Pool, Sandra	14.15-15.30 Jazzdance 1 Loft 2, Warnar	18.00-18.50 Bodyshape Loft 1, Frank J.
17.50-18.40 Bodyshape Loft 1, Andreas	17.45-18.45 BODYPUMP® Loft 1, Chi-Wah	18.00-18.50 Power Interval Teamsportthalle, Alex	16.00-16.30 Express Dehnen Wellbeing Zone, Trainer	15.00-15.45 Jumping Fitness® Loft 1, Andreas	15.45-16.45 BODYPUMP® Loft 1, Chi-Wah	18.00-19.15 Indoor Cycling 3 Cycling Loft, Marc
18.15-18.45 WATFIT® ab Dezember 2017 Pool, John	18.00-18.50 Pilates 1 Mind & Body 1, Claudia K.	18.00-19.00 TribalFit Fitness WOD TribalFit, Uli	16.50-17.40 Rückenfitness Mind & Body 2, Carmen B.	16.30-17.30 Hatha Yoga 2 Mind & Body 1, Sabine	17.00-17.45 Jumping Fitness® Loft 1, Bianca	19.00-19.50 Zumba® Loft 1, Gabriela
18.30-19.30 TribalFit Fitness WOD TribalFit, Sebastian M.	18.00-19.00 TribalFit WOD Basic TribalFit, Frank S.	18.05-19.20 Hatha Yoga 2 Mind & Body 1, Jost	17.00-17.50 Bodyshape Loft 1, Danelly	16.45-17.35 Rückenfitness Loft 1, Claudia O.	17.00-17.50 Indoor Cycling 2 Cycling Loft, Antonio	19.00-20.15 Soft Yoga Flow Mind & Body 1, Birgit
18.45-19.35 Rückenfitness Loft 1, Melanie	18.30-19.45 Yoga Power 2 Mind & Body 2, Holger	18.30-19.20 Die 5 »Tibeter« Mind & Body 2, Bärbel	17.00-18.15 Hatha Yoga 2 Mind & Body 1, Birgit	17.30-18.30 TribalFit WOD Advanced TribalFit, Frank S.	17.00-18.15 Hatha Yoga 2 Mind & Body 1, Katrein	
18.50-19.50 Step Advanced Loft 2, Bianca	18.55-19.45 deepWORK® Loft 1, Romeyo	18.50-19.50 Step Advanced Loft 1, Stefano	17.45-18.15 Fascial Fitness Mind & Body 2, Carmen B.	17.40-18.55 Hatha Yoga 3 Mind & Body 1, Sabine	18.00-18.50 Bodyshape Loft 1, Bianca	
19.00-19.45 Aqua Fit Pool, John	19.00-19.45 Aqua Fit Pool, Julia	19.00-19.50 Indoor Cycling 2 Cycling Loft, Folke	18.00-18.50 Zumba® Loft 1, Danelly	17.45-18.05 Bauch Pur Loft 2, Claudia O.	18.30-19.30 Hatha Yoga 1 Mind & Body 1, Katrein	
19.00-19.50 Pilates 1 Mind & Body 2, Carmen D.	19.00-19.50 Pilates 2 Mind & Body 1, Claudia K.	19.00-19.50 Step/Aerobic Basic Loft 2, Alex	18.00-19.00 TribalFit Fitness WOD TribalFit, Sebastian M.	17.45-18.35 Dance Aerobic Loft 1, Serkan		
19.15-20.30 Bowspringyoga Mind & Body 1, Sybille	19.00-20.15 Indoor Cycling 3 Cycling Loft, Antonio	19.00-20.00 TribalFit WOD Advanced TribalFit, Uli	18.20-18.50 WATFIT® ab Dezember 2017 Pool, Carmen D.	17.45-18.35 Mind Cycling Cycling Loft, Josefine		
19.30-20.20 Indoor Cycling 1 Cycling Loft, Nadine	20.00-20.45 Jumping Fitness® Loft 1, Julia	19.30-20.20 Pilates 1 Mind & Body 1, Bettina	18.25-19.25 adidas® Yoga 1 Mind & Body 1, Birgit	18.10-18.40 DIX Core Loft 2, Beate		
19.30-20.30 TribalFit WOD Advanced TribalFit, Winviell	20.00-20.50 Rückenfitness Loft 2, Romeyo	19.30-20.50 Stressabbau Mind & Body 2, Bärbel	18.25-19.25 Aerial Yoga Mind & Body 2, Jost	18.45-19.35 Bodyshape Loft 1, Serkan		
20.00-20.20 Bauch Pur Loft 1, Bianca	20.00-21.00 Yoga Power 1 Mind & Body 1, Holger	20.00-21.00 Aspria Iron Work Loft 1, Alex	19.00-19.45 Aqua Fit Pool, Carmen D.	18.50-19.55 Ballett 2 Loft 2, Maria		
20.00-20.50 Schwimmtechnik-Training Pool, Thomas L.	20.00-22.00 Fußball Teamsportthalle, Maximilian		19.00-19.50 Boxen Teamsportthalle, Michael	19.05-19.55 Luna Yoga Mind & Body 1, Sabine		
20.00-21.15 Jazzdance 2 Loft 2, Warnar	20.55-21.15 Bauch Pur Loft 1, Julia		19.00-19.50 Indoor Cycling 1 Cycling Loft, David			
	21.00-22.00 Jazz Up Loft 2, Romeyo		19.00-20.00 BODYPUMP® Loft 1, Bastian			
			19.00-20.00 Streetjazz Loft 2, Fulya			
			19.35-20.50 Ashtanga Yoga Mind & Body 2, Jost			
			20.00-20.50 Pilates 1 Mind & Body 1, Carmen D.			
			20.05-20.25 Bauch Pur Loft 2, Fulya			
			20.15-22.15 Volleyball 1 Loft 1, Sebastian K.			

Kinderbetreuungszeit
Childcare

 Teilnahme-Chip erforderlich,
erhältlich an der Rezeption
Participation chip required,
available at the reception

 Hohe Ansprüche
Advanced

 Anmeldung erforderlich auf
myASPRIA.com
Web Booking on
myASPRIA.com

 Anmeldung erforderlich
unter +49 30 8906888-72
Registration required, call
+49 30 8906888-72

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

Die Mindestanzahl für alle Kurse liegt bei 3 Teilnehmern.
The minimum number for all classes is 3 participants.

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. Für das Mind & Body 1 und den Pool ist
absolute Pünktlichkeit erforderlich.
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.
For Mind & Body 1 and the Pool punctuality is necessary.

Jugendliche können ab 13 Jahren das komplette Kursangebot
nutzen (Ausnahme: TribalFit ab 18 J. und Jumping Fitness® ab 16 J.)
Young people from the age of 13 are allowed to participate in all
classes offered (exception: TribalFit from 18 y. and Jumping
Fitness® from 16 y.).

Gültig ab dem 13. November 2017. Änderungen vorbehalten.
Effective from 13th November 2017. Subject to modifications.