

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® 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	11.00-13.00 Beachvolleyball beach61
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 Functional Training Gym, Michael	11.05-11.55 Boxen Functional Training Gym, Michael
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.	11.10-12.00 Rückenfitness Loft 1, Frank J.
10.25-10.55 Express Dehnen Mind & Body 2, Sascha	10.00-11.00 Nordic Walking Daniel, Outdoor	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	11.30-12.45 Hatha Yoga 2 Mind & Body 1, Sabine
10.30-11.20 Qi Gong Mind & Body 1, Solaya	10.00-11.15 Hatha Yoga 2 Mind & Body 1, Jost	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	12.10-12.55 Aqua Fit Pool, Heike
10.30-11.20 Step Loft 1, Romeyo	10.15-11.00 Aqua Fit Pool, Sandra	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	12.10-13.00 Step Loft 2, Frank J.
11.00-11.45 Rücken-Zirkel Loft 3, Sascha	10.30-11.20 Bodyshape Loft 1, Serkan	10.25-11.15 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	12.10-12.55 Aqua Fit Pool, Sandra/John	12.15-14.15 Volleyball 2 Loft 1, Sebastian
11.20-11.50 WATFIT® Pool, Ha	10.30-11.20 Herz & Hantel Loft 2, Carmen B.	11.30-12.20 Express Loop Wellbeing Zone, Volker	10.35-11.20 Rücken-Zirkel Loft 3, Volker	12.00-13.00 Hatha Yoga 2 Mind & Body 1, Sabine	12.10-13.00 Zumba® Loft 1, Danelly	13.00-14.00 Hatha Yoga 1 Mind & Body 1, Sabine
11.30-12.20 Beckenbodentraining Loft 1, Kim	11.30-12.20 Rückenfitness Loft 1, Daniel	11.30-13.00 Tai Chi 1 Loft 1, Mr. Lee	11.10-11.40 Fascial Fitness Loft 1, Frank J.	12.10-13.40 Tai Chi 2 Loft 1, Mr. Lee	12.10-13.25 Hatha Yoga 2 Mind & Body 1, Bettina	13.10-13.55 Aqua Fit Pool, Heike
11.30-12.30 Yoga Power 1 Mind & Body 1, Jost	11.30-12.30 Aerial Yoga Mind & Body 2, Jost	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	14.30-15.15 Jumping Fitness® Loft 1, Alex
11.45-12.30 Rücken-Zirkel Loft 3, Sascha	12.00-13.00 TribalFit WOD Advanced TribalFit, Frank S.	16.30-17.15 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 Ballett 1 Loft 2, Maria	15.30-16.30 Power Interval Loft 1, Alex
16.40-17.40 Aspria Iron Work Loft 1, Andreas	12.20-12.40 Bauch Pur Loft 1, Daniel	17.50-18.40 Rückenfitness Loft 1, Stefano	11.45-12.35 Rückenfitness Loft 1, Frank J.	13.50-14.50 Aspria Iron Work Loft 1, Andreas	14.15-15.30 Jazzdance 1 Loft 2, Warnar	16.45-17.45 Aspria Iron Work Loft 1, Alex
17.40-18.40 Pilates 2 Mind & Body 1, Sandra	12.45-13.35 Rückenfitness mit Wellness Beats Loft 1, Daniel	18.00-18.50 Power Interval Teamporthalle, Alex	12.40-13.00 Entspannung Mind & Body 1, Frank J.	14.00-14.45 Aqua Fit Pool, Sandra	15.45-16.45 BODYPUMP® Loft 1, Chi-Wah	17.30-18.45 adidas® Yoga 2 Mind & Body 1, Birgit
17.50-18.40 Bodyshape Loft 1, Andreas	16.15-16.45 Fascial Fitness Mind & Body 1, Matthias	18.00-19.00 TribalFit Fitness WOD TribalFit, Uli	16.00-16.30 Express Dehnen Wellbeing Zone, Trainer	15.00-15.45 Jumping Fitness® Loft 1, Andreas	17.00-17.45 Jumping Fitness® Loft 1, Bianca	18.00-18.50 Bodyshape Loft 1, Frank J.
18.15-18.45 WATFIT® Pool, Gökçen	17.45-18.45 BODYPUMP® Loft 1, Chi-Wah	18.05-19.20 Hatha Yoga 2 Mind & Body 1, Jost	16.50-17.40 Rückenfitness Mind & Body 2, Carmen B.	16.30-17.30 Yoga Barre Fusion Loft 2, Sabine	17.00-17.50 Indoor Cycling 2 Cycling Loft, Antonio	18.00-19.15 Indoor Cycling 3 Cycling Loft, Marc
18.30-19.30 TribalFit Fitness WOD TribalFit, Sebastian M.	18.00-18.50 Pilates 1 Mind & Body 1, Claudia K.	18.30-19.20 Die 5 »Tibeter«® Mind & Body 2, Bärbel	17.00-17.50 Bodyshape Loft 1, Danelly	16.45-17.35 Rückenfitness Loft 1, Claudia O.	17.00-18.15 Hatha Yoga 2 Mind & Body 1, Bettina	19.00-19.50 Zumba® Loft 1, Gabriela
18.45-19.35 Rückenfitness Loft 1, Melanie	18.00-19.00 TribalFit WOD Basic TribalFit, Frank S.	18.50-19.50 Step Advanced Loft 1, Stefano	17.00-18.15 Hatha Yoga 2 Mind & Body 1, Birgit	17.30-18.30 TribalFit WOD Advanced TribalFit, Frank S.	18.00-18.50 Bodyshape Loft 1, Bianca	19.00-20.15 Soft Yoga Flow Mind & Body 1, Birgit
18.50-19.50 Step Advanced Loft 2, Bianca	18.30-19.45 Yoga Power 2 Mind & Body 2, Holger	19.00-19.50 Indoor Cycling 2 Cycling Loft, Folke	17.45-18.15 Fascial Fitness Mind & Body 2, Carmen B.	17.40-18.55 Hatha Yoga 3 Mind & Body 1, Sabine	18.30-19.30 Hatha Yoga 1 Mind & Body 1, Bettina	
19.00-19.45 Aqua Fit Pool, Gökçen	18.55-19.45 deepWORK® Loft 2, Alex	19.00-19.50 Step/Aerobic Basic Loft 2, Alex	18.00-18.50 Zumba® Loft 1, Danelly	17.45-18.05 Bauch Pur Loft 2, Claudia O.		
19.00-19.50 Pilates 1 Mind & Body 2, Sandra	19.00-19.45 Aqua Fit Pool, Julia	19.00-20.00 TribalFit WOD Advanced TribalFit, Uli	18.00-19.00 TribalFit Fitness WOD TribalFit, Sebastian M.	17.45-18.35 Dance Aerobic Loft 1, Serkan		
19.15-20.30 Bowstringyoga Mind & Body 1, Sybille	19.00-19.50 Pilates 2 Mind & Body 1, Claudia K.	19.30-20.20 Pilates 1 Mind & Body 1, Bettina	18.20-18.50 WATFIT® Pool, Carmen D.	17.45-18.35 Mind Cycling Cycling Loft, Josefine		
19.30-20.20 Mind Cycling Cycling Loft, Josefine	19.00-20.15 Indoor Cycling 3 Cycling Loft, Antonio	19.30-20.50 Stressabbau Mind & Body 2, Bärbel	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	20.00-20.45 Jumping Fitness® Loft 1, Julia	20.00-21.00 Aspria Iron Work Loft 1, Alex	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	20.00-20.50 Rückenfitness Loft 2, Romeyo		19.00-19.45 Aqua Fit Pool, Carmen D.	18.50-19.55 Ballett 2 Loft 2, Maria		
20.00-21.15 Jazzdance 2 Loft 2, Warnar	20.00-21.00 Yoga Power 1 Mind & Body 1, Holger		19.00-19.50 Boxen Teamporthalle, Michael	19.05-19.55 Luna Yoga Mind & Body 1, Sabine		
	20.00-21.30 Fußball Teamporthalle, Maximilian		19.00-19.50 Indoor Cycling 1 Cycling Loft, David	21.00-22.30 Fußball Teamporthalle, Maximilian		
	20.55-21.15 Bauch Pur Loft 1, Julia		19.00-20.00 BODYPUMP® Loft 1, Bastian			
	21.00-22.00 Jazz Up Loft 2, Romeyo		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.			

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 14 Jahren das komplette Kursangebot nutzen (Ausnahme: TribalFit ab 18 J. und Jumping Fitness® ab 16 J.) Young people from the age of 14 are allowed to participate in all classes offered (exception: TribalFit from 18 y. and Jumping Fitness® from 16 y.).

Gültig ab dem 16. April 2018. Änderungen vorbehalten. Effective from 16th April 2018. Subject to modifications.

- 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

