

KURSPLAN | STUDIO CLASS TIMETABLE



MONTAG MONDAY	DIENSTAG TUESDAY	MITTWOCH WEDNESDAY	DONNERSTAG THURSDAY	FREITAG FRIDAY	SAMSTAG SATURDAY	SONNTAG SUNDAY
07.30-08.30 Yoga - Startup Balance	06.40-07.40 Cycling Energy	08.30-9.45 Sivananda Yoga Balance	08.00-09.00 Cycling Energy	09.00-10.00 BODYPUMP® Shape	9.00-10.00 BODYPUMP® Shape	9.45-10.15 Tabata Shape
08.45-09.25 WATFIT Stability Pool	07.50-08.50 BODYPUMP® Shape	09.00-09.55 Rückenfit Shape	08.00-09.00 Yoga - Startup Balance	09.00-09.55 Rücken & Gelenke Balance	09.45-11.00 Sivananda Yoga Balance	09.45-11.00 Prana Vinyasa Yoga Balance
09.00-09.55 Bodyshape Shape	08.55-09.55 Rücken-Yoga Balance	09.00-10.00 Cycling Energy	08.30-09.15 Aqua Fit Pool	09.00-09.45 Aqua Fit Pool	10.05-11.00 Step Shape	10.00-10.45 Aqua Fit Pool
09.30-10.15 Aqua Fit Pool	09.00-09.55 Step Fatburner Shape	10.00-10.55 Pilates Balance	09.05-10.00 deepWORK® Shape	10.00-11.00 Core meets Beckenboden Balance	10.05-11.05 Cycling Energy	10.20-10.40 Bauch Workout Shape
10.00-10.55 Pilates Balance	09.00-10.00 Cycling Energy	10.00-10.55 Step 1-2 Shape	09.05-10.30 Rücken-Yoga Balance	10.05-11.00 Bodyshape Shape	11.05-12.35 Klang Yoga Balance	10.45-11.45 Cycling Energy
10.00-10.55 Zumba Shape	10.00-10.55 Pilates Balance	11.00-11.55 Bodyshape Shape	10.05-11.05 BODYPUMP® Shape	10.05-11.05 Cycling Energy	11.00-12.00 Functional Training Functional Area	10.45-11.45 BODYPUMP® Shape
10.45-11.45 Buggy Workout* Outdoor Bei gutem Wetter Weather permitting	10.00-10.55 deepWORK® Shape	11.00-12.00 Mama Workout Mit Baby Activity	11.10-12.05 Rückenfit Shape	11.05-12.00 Rückenfit Shape	11.05-12.00 Bodyshape Shape	11.05-12.00 Rücken & Gelenke Balance
11.00-12.00 Step Advanced Shape	11.05-12.00 Faszienpilates** Balance	11.05-12.20 Hatha Yoga Balance	16.00-16.55 Bodyshape Core Shape	12.05-13.00 Yogalates Germany Balance	12.00-12.45 Aqua Fit Pool	11.10-12.05 WATFIT Family Pool ab 150 cm Körpergröße
11.00-12.00 Core meets Beckenboden Balance	12.00-12.55 Qi Gong Balance	11.15-12.00 Aqua Fit Pool	17.00-17.55 Faszien-Pilates** Balance	13.05-14.00 Fit & Vital Shape	12.05-13.00 deepWORK® Shape	11.55-12.55 Cycling Energy
12.05-12.50 Faszien-Stretching** Balance	12.00-12.45 Aqua Fit Pool	12.00-12.55 Zumba® Gold Shape	17.00-17.55 Zumba Shape	15.00-15.55 Tai Chi Balance	15.05-16.00 bodyART® Balance	11.55-12.50 Power Workout Shape
16.05-17.00 Bodyshape Core Shape	12.05-13.00 Fit & Vital 50+ Shape	12.30-13.25 Med. Rückentraining Balance	18.00-19.05 International bodyART® Balance	16.00-16.55 Dynamisches Faszien Training** Balance	15.15-16.15 Box Fitness-Camp Shape	12.05-13.00 Feldenkrais Balance
17.05-18.00 deepWORK® Shape	16.00-16.55 Bodyshape Shape	17.00-18.00 Cycling Energy	18.00-19.00 Step Advanced Shape	16.00-16.55 BBPR Shape	16.05-17.00 Rückenfit Balance	13.00-13.55 Step Advanced Shape
17.05-18.00 Med. Rückentraining Balance	17.00-17.55 Step Shape	17.00-18.15 Hatha Yoga Balance	18.00-19.00 Cycling Energy	17.00-18.00 Power Yoga Balance	16.30-17.25 TaeBo® Intro Shape	13.45-14.30 Family Functional Functional Area
18.05-19.00 TAEBO® Shape	17.50-18.45 Rücken und Gelenke Balance	17.30-18.25 Power Workout Shape	18.15-19.00 Functional Training Functional Area	17.00-17.55 Kurs Special Shape		14.00-14.55 BBPR Shape
18.05-19.20 Prana Vinyasa Yoga Balance	18.00-18.55 Power Workout Shape	18.00-19.00 Lauftreff* Outdoor Bei gutem Wetter Weather permitting	18.30-19.15 Aqua Power Pool	18.05-19.00 Power Workout Shape		14.30-14.50 Bauch Workout Functional Area
18.05-19.05 Cycling Energy	18.00-18.45 Functional Training Functional Area	18.10-19.10 Cycling Energy	19.00-19.45 Functional Training Functional Area	18.05-19.00 Pilates Balance		15.00-16.00 Power Yogalates Balance
18.45-19.30 Aqua Fit Pool	18.45-19.30 Functional Training Functional Area	18.30-19.25 Rückenfit Balance	19.05-19.25 Bauch Workout Shape	18.00-19.00 Cycling Energy		15.00-16.00 BODYPUMP® Shape
19.05-20.05 BODYPUMP® Shape	18.50-20.05 Ashtanga Yoga Balance	18.30-19.25 BBPR Shape	19.10-20.05 Stretch & Relax meets Core Balance	18.00-19.00 Functional Advanced Functional Area		16.05-17.00 Zumba® Shape
19.15-20.15 Cycling Energy	19.00-19.30 Tabata Shape	19.30-20.25 Kurs Special Shape	19.15-20.15 Cycling Energy (nur während der Wintermonate (only during winter months))	19.05-20.00 Dance Aerobic Shape		16.05-17.00 Stretch & Relax meets Core Balance
19.30-20.25 Pilates Balance	19.00-19.45 Aquafit Pool	19.30-21.00 Klang Yoga Balance	19.30-20.30 BODYPUMP® Shape	19.05-20.20 Vinyasa-Ashtanga Yoga Balance		
20.10-21.05 Kickboxen Shape	19.00-20.00 Cycling Energy	19.45-20.30 Aqua Power Pool	20.15-21.30 Hatha Yoga Balance			
	19.35-19.55 Bauch Workout Shape		20.35-21.35 Box-Fitness-Camp Shape			
	20.00-21.00 Schwimmtechnik Pool					
	20.05-21.05 BODYPUMP® Shape					
	20.10-21.25 Sivananda Yoga Balance					

*Der Treffpunkt ist vor dem Haupteingang.

*The meeting point is in front of the main entrance.

**Für die Teilnahme an unseren Faszien-Kursen benötigen Sie eine BLACKROLL®.

**For our Fascial Training, a BLACKROLL® is required.

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.

Jugendliche können ab 14 Jahren das komplette Kursangebot nutzen (Ausnahme: Box-Fitness-Camp und Mixed Martial Arts, Teilnahme erst ab 18 Jahren). Young people from the age of 14 are allowed to participate in all classes offered (exception: Box-Fitness-Camp and Mixed Martial Arts, participants must be 18 years or older).

Gültig ab Januar 2018. Änderungen vorbehalten.

Effective from January 2017. Subject to modifications.

Hohe Ansprüche
Advanced

kostenpflichtig
Paid Class

Email Anmeldung erforderlich
hanfitness@aspria.de

Email registration required to
hanfitness@aspria.de

Kinderbetreuungszeit
Childcare

Erwachsene 50+
Adults 50+