

MONTAG MONDAY			DIENSTAG TUESDAY			MITTWOCH WEDNESDAY			DONNERSTAG THURSDAY			FREITAG FRIDAY			SAMSTAG SATURDAY			SONNTAG SUNDAY		
07.30-08.45 Balance	Yoga am Morgen		06.40-07.40 Energy	Cycling		07.00-08.15 Balance	Ashtanga Yoga Bilingual (de/en)		08.00-09.00 Energy	Cycling		08.00-08.55 Balance	Rücken- und Gelenke		9.00-10.00 Shape	BODYPUMP®		9.45-10.15 Shape	Tabata	
08.00-09.00 Energy	Cycling		07.50-08.50 Shape	BODYPUMP®		08.30-9.45 Balance	Yoga für Einsteiger		08.05-09.20 Balance	Yoga – Startup Feel Good		09.00-10.00 Shape	BODYPUMP®		09.15-10.30 Balance	Hatha Yoga (Sivananda Tradition)		10.00-11.15 Balance	Vinyasa Yoga	
09.00-09.55 Shape	Bodyshape		08.45-09.40 Balance	Rücken-Yoga		09.00-09.55 Shape	Rückenfit		08.30-09.15 Pool	Aqua Fit		09.15-10.00 Pool	Aqua Fit		10.05-11.00 Shape	Step		10.15-11.00 Pool	Aqua Fit	
09.00-10.15 Balance	Vinyasa Yoga		08.55-09.55 Energy	Cycling		09.00-10.00 Energy	Cycling		09.00-09.55 Shape	deepWORK®		09.15-10.30 Balance	Viniyoga		10.05-11.05 Energy	Cycling		10.20-10.40 Shape	Bauch Workout	
09.00-10.15 Pool	Aqua Fit		09.00-09.55 Shape	Step Fatburner		09.50-10.45 Balance	Pilates		09.30-10.45 Balance	Yoga Rücken & Gelenke		10.05-11.00 Shape	Bodyshape		10.40-12.10 Balance	Klang Yoga		10.30-11.30 Energy	Cycling	
10.00-10.55 Shape	Zumba®		09.45-10.40 Balance	Pilates		10.00-10.55 Shape	Step Fatburner		10.00-11.00 Shape	BODYPUMP®		10.05-11.05 Energy	Cycling		11.00-11.45 Functional Area	Functional Training		10.45-11.45 Shape	BODYPUMP®	
10.20-11.15 Balance	Pilates		10.00-10.55 Shape	deepWORK®		11.00-11.45 Pool	Aqua Fit		11.10-12.05 Shape	Rückenfit		10.35-11.50 Balance	Core meets Beckenboden		11.05-12.00 Shape	Bodyshape		11.30-12.25 Balance	Rücken & Gelenke	
11.00-11.55 Shape	Step Advanced		10.45-11.45 Outdoor Bei gutem Wetter Weather permitting	Buggy Workout*		11.00-11.55 Shape	Bodyshape		16.00-16.55 Shape	Bodyshape Core		11.05-12.00 Pool	Body Sculpting meets Core		12.00-12.45 Pool	Aqua Fit		11.40-12.40 Energy	Cycling	
11.20-12.35 Balance	Core meets Beckenboden		10.45-11.40 Balance	Faszien-Pilates**		11.05-12.20 Balance	Hatha Yoga		17.00-17.55 Balance	Faszien-Pilates**		11.15- 12.10 Pool	WATFIT Endurance		12.05-12.45 Energy	Family Cycling		11.55-12.50 Shape	Power Workout	
12.00-12.55 Shape	Faszien-Stretching**		12.00-12.55 Balance	Qi Gong		12.00-12.55 Shape	Zumba® Gold		17.00-17.55 Shape	Body Sculpting		12.05-13.00 Balance	Stretch & Relax		12.05-13.00 Shape	deepWORK®		12.30-13.25 Balance	Feldenkrais	
16.00-16.55 Shape	Bodyshape Core		12.00-12.45 Pool	Aqua Fit		12.30-13.25 Balance	Med. Rückentraining		18.00-18.55 Balance	International bodyART®		13.00-13.55 Shape	Fit & Vital		12.15-13.10 Balance	Pilates		13.00-13.55 Shape	Step Advanced	
17.00-17.55 Shape	deepWORK®		12.00-12.55 Shape	Fit & Vital		17.00-18.00 Energy	Cycling		18.00-18.55 Shape	Step Advanced		15.00-15.55 Shape	Bodyshape Core		13.15-14.15 Shape	Power Yoga		14.00-14.55 Shape	BBPR	
17.00-17.55 Balance	Med. Rückentraining		16.00-16.55 Shape	Bodyshape		17.00-18.15 Balance	Hatha Yoga		18.15-19.00 Functional Area	Functional Training		16.00-16.55 Balance	Yogalates Germany		15.00-15.55 Balance	bodyART®		14.40-15.55 Balance	Hatha Yoga (Arhanta Tradition)	
18.00-18.55 Shape	TaeBo®		17.00-17.55 Shape	Step		17.30-18.25 Shape	Power Workout		18.00-19.00 Energy	Cycling		16.00-16.55 Shape	BBPR		15.15 -16.15 Shape	Box Fitness-Camp		15.00-16.00 Shape	BODYPUMP®	
18.00-19.00 Energy	Cycling		17.50-18.45 Balance	Rücken und Gelenke		18.00-19.00 Outdoor Bei gutem Wetter Weather permitting	Lauftreff*		18.30-19.15 Pool	Aqua Power		17.00-18.00 Balance	Power Yoga		16.00-16.55 Balance	Rückenfit		15.50-16.50 Energy	Cycling	
18.05-19.20 Balance	Vinyasa Yoga		18.00-18.55 Shape	Power Workout		18.05-19.05 Energy	Cycling		19.00-19.25 Shape	Bauch Workout		17.00-18.00 Shape	Kurs Special		16.30-17.25 Shape	TaeBo® Intro		16.05-17.00 Shape	Zumba®	
18.30-19.15 Pool	Aqua Fit		18.15-19.00 Functional Area	Functional Training		18.30-19.25 Balance	Rückenfit		19.00-20.15 Balance	Klang Yoga		18.05-19.00 Shape	Power Workout							
18.30-19.15 Functional Area	Functional Training		18.30-19.15 Pool	Aqua Fit		18.30-19.25 Shape	BBPR		19.00-19.45 Functional Area	Functional Training		18.05-19.00 Balance	Pilates							
19.05-20.05 Energy	Cycling		18.45-19.45 Energy	Cycling		19.00-19.45 Functional Area	Functional Training		19.30-20.30 Shape	BODYPUMP®		18.15-19.15 Energy	Cycling							
19.05-20.05 Shape	BODYPUMP®		18.50-20.05 Balance	Ashtanga Yoga		19.30-20.25 Shape	Zumba®		20.20-21.35 Balance	Hatha Yoga		18.30-19.25 Pool	WATFIT Endurance							
19.30-20.25 Balance	Pilates		19.00-19.45 Functional Area	Functional Training		19.30-20.25 Balance	Pilates		20.35-21.35 Shape	Box-Fitness-Camp		19.05-20.00 Shape	Dance Aerobic							
19.35-20.30 Pool	WATFIT Endurance		19.00-19.30 Shape	Tabata		19.45-20.30 Pool	Aqua Power					19.05-20.20 Balance	Vinyasa-Ashtanga Yoga							
20.10-21.05 Shape	Mixed Martial Arts		19.35-19.55 Shape	Bauch Workout		20.30-22.00 Balance	Kundalini Yoga													
			20.00-21.00 Shape	BODYPUMP®																
			20.10-21.25 Balance	Hatha Yoga (Sivananda Tradition)																

LEGENDE | KEY

AQUA CYCLING DANCE HIGH ENERGY MIND & BODY

STRENGTH & CONDITIONING OTHER

Kinderbetreuungszeit Childcare Hohe Ansprüche Advanced

kostenpflichtig Paid Class Anmeldung erforderlich auf myASPRIA.com Web Booking on myASPRIA.com

50+ Erwachsene 50+ Adults 50+

*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 tagsaktuell 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 Kursnahme 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 13 Jahren das komplette Kursangebot nutzen (Ausnahme: Box-Fitness-Camp und Mixed Martial Arts, Teilnahme erst ab 18 Jahren).
Young people from the age of 13 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 April 2017. Änderungen vorbehalten.
Effective from April 2017. Subject to modifications.