

KURSPLAN | STUDIO CLASS TIMETABLE AB FEBRUAR 2023 | FROM FEBRUARY 2023

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
AQUA 09.15-10.00 Pool	INDOOR CYCLING 1 08.15-09.05 Cycling Loft	BODYSHAPE 08.30-09.20 Loft 1	PILATES 1 09.00-09.50 Mind & Body 1	TRIBALFIT 08.00-09.00 TribalFit	PILATES 1 09.00-09.50 Mind & Body 1	TRIBALFIT 10.00-11.00 TribalFit
WELLNESS YOGA 09.30-10.20 Mind & Body 1	YIN YOGA 08.30-09.45 Mind & Body 2	AQUA FIT 09.00-09.45 Pool	TRIBALFIT 09.00-10.00 TribalFit	INDOOR CYCLING 2 08.15-09.05 Cycling Loft	TRIBALFIT 09.30-10.30 TribalFit	HORMONYOGA 10.30-11.30 Mind & Body 1
BODYSHAPE 09.40-10.30 Loft 1	PILATES 1 08.50-09.40 Mind & Body 1	TRIBAL FIT 09.00-10.00 TribalFit	AQUA 09.00-09.45 Pool	BODYSHAPE 08.30-09.20 Loft 1	PILATES 2 10.00-11.00 Mind & Body 1	FASCIAL FITNESS 10.30-11.00 Loft 1
Aqua Fit 10.15-11.00 Pool	HERZ UND HANTEL 09.00-09.50 Loft 1	DISCOVER FLEXIBILITÄT 1 09.30-10.00 Wellbeingzone	PILATES 2 10.00-11.00 Mind & Body 1	STRESSABBAU 09.30-10.30 Mind & Body 1	BODYSHAPE 10.15-11.05 Loft 1	MIND CYCLING 10.40-11.30 Cycling Loft
QI GONG 10.30-11.20 Mind & Body 1	TRIBALFIT 09.00-10.00 TribalFit	BODYSHAPE 09.30-10.20 Loft 1	ASPRIA IRON WORK 10.00-11.00 Loft 1	BODYSHAPE 09.30-10.20 Loft 1	TRIBALFIT 10.40-11.40 TribalFit	RÜCKENFITNESS 11.10-12.00 Loft 1
ZUMBA 10.40-11.30 Loft 1	AQUA 09.15-10.00 Pool	AQUA SPECIAL 10.00-10.45 Pool	AQUA SPECIAL MOVE 10.30-11.15 Pool	RÜCKENFITNESS 10.30-11.20 Loft 1	HATHA YOGA 1 11.10-12.10 Mind & Body 1	TRIBALFIT 11.10-12.10 TribalFit
RÜCKEN-ZIRKEL 11.05-11.50 Wellbeingzone	EXPRESS DEHNEN 09.40-10.10 Mind & Body 2	KUNDALINI YOGA 10.20-11.00 Mind & Body 2	EXPRESS DEHNEN 10.30-11.00 Mind & Body 2	DIE FÜNF TIBETER 10.40-11.30 Mind & Body 1	JUMPING FITNESS 11.15-12.00 Loft 1	HATHA YOGA 2 11.40-12.40 Mind&Body 1
YOGA POWER 11.40-12.40 Mind & Body 1	HATHA YOGA 1 09.50-10.50 Mind & Body 1	HATHA YOGA 1 10.30-11.30 Mind & Body 1	EXPRESS LOOP 10.30-11.20 Wellbeingzone	ASPRIA IRON WORK 11.30-12.30 Loft 1	ZUMBA® 12.10-13.00 Loft 1	BOXEN 12.00-13.00 PT-Raum
EXPRESS DEHNEN 12.00-12.30 Loft 1	DISCOVERY FLEXIBILITÄT 1 10.00-10.30 Wellbeingzone	FASCIAL FITNESS 10.30-11.00 Loft 2	FASCIAL FITNESS 11.10-11.40 Loft 2	HATHA YOGA 1 11.40-12.40 Mind & Body 1	AQUA 12.15-13.00 Pool	STEP 2 12.10-13.10 Loft 1
RÜCKENFITNESS 12.40-13.30 Loft 1	BECKENBODENTRAINING 10.00-10.50 Mind & Body 2	TAI CHI 1 11.30-12.20 Loft 2	HATHA YOGA 2 11.10-12.10 Mind & Body 1	HATHA YOGA 2 11.10-12.10 Mind & Body 1	HATHA YOGA 2 12.20-13.20 Mind & Body 1	AQUA FIT 12.15-13.00 Pool
YOGA POWER 12.50-13.50 Mind & Body 1	RÜCKENFITNESS 10.00-10.50 Loft 1	HATHA YOGA 2 11.40-12.40 Mind & Body 1	INDOOR CYCLING 1 11.10-12.00 Cycling Loft	INDOOR CYCLING 1 11.10-12.00 Cycling Loft	THAI CHI 1 11.40-12.30 Loft 2	PILATES 1 12.30-13.20 Mind & Body 2
ASPRIA IRON WORK 16.40-17.40 Loft 1	AEROBIC 1 10.00-10.50 Loft 2	AERIAL YOGA 11.40-12.40 Mind & Body 2	EXPRESS LOOP 11.30-12.20 Wellbeingzone	AQUA 12.45-13.30 Pool	AQUA FIT 13.15-14.00 Pool	YIN YOGA 12.50-13.50 Mind&Body 1
HATHA YOGA 1 16.40-17.40 Mind & Body 1	AQUA FIT 10.15-11.00 Pool	THAI CHI 2 12.30-13.20 Loft 2	RÜCKENFITNESS 11.50-12.40 Loft 1	AQUA FIT 14.30-15.30 Loft 2	JAZZDANCE 1 14.30-15.30 Loft 2	AQUA 13.15-14.00 Pool
BASKETBALL 17.00-18.00 Teamporthalle	AERIAL YOGA 11.00-12.00 Mind & Body 2	TRIBALFIT 17.50-18.50 TribalFit	HATHA YOGA 1 12.20-13.20 Mind & Body 1	VINYASA YOGA 15.45-16.45 Mind & Body 1	PILATES 1 14.30-15.20 Mind & Body 1	POWER INTERVALL 15.40-16.40 Loft 1
TRIBALFIT 17.30-18.30 TribalFit	PILATES 1 11.00-11.50 Mind & Body 1	RÜCKENFITNESS 17.50-18.40 Loft 1	BODYSHAPE 17.00-17.50 Loft 1	BODYSHAPE 15.50-16.40 Loft 1	BODYPUMP® 15.20-16.20 Loft 1	ASPRIA IRON WORK 16.50-17.50 Loft 1
FASZIEN YOGA 17.50-18.40 Mind & Body 2	BODYSHAPE 11.00-11.50 Loft 1	DIE FÜNF TIBETER® 18.00-18.50 Mind & Body 2	YOGA POWER 17.20-18.20 Mind & Body 2	DANCE AEROBIC 16.50-17.40 Loft 1	YIN YOGA 15.30-16.30 Mind & Body 1	HATHA YOGA 2 18.00-19.00 Mind & Body 1
PILATES 1 17.50-18.40 Mind & Body 1	EXPRESS DEHNEN 11.15-11.45 Loft 2	HATHA YOGA 1 18.10-19.10 Mind & Body 1	PILATES 1 17.20-18.20 Mind & Body 1	PILATES 2 16.55-17.55 Mind & Body 1	INDOOR CYCLING 1 16.30-17.20 Cycling Loft	INDOOR CYCLING 1 18.00-18.50 Cycling Loft
BODYSHAPE 17.50-18.40 Loft 1	RÜCKENFITNESS 12.00-12.50 Loft 1	AQUA SPECIAL 18.15-19.00 Pool	TRIBALFIT 17.30-18.30 TribalFit	HATHA YOGA 1 16.55-17.55 Mind & Body 2	BODYSHAPE 16.30-17.20 Loft 1	BODYSHAPE 18.00-18.50 Loft 1
SCHWIMMTECHNIK 18.30-19.20 Pool	FLEXI BAR 13.00-13.30 Loft 1	DISCOVERY FUNCTIONAL 1 18.30-19.00 Wellbeingzone	DISCOVERY CARDIO 1 18.00-18.30 Wellbeing Zone	TRIBALFIT 17.30-18.30 TribalFit	HATHA YOGA 1 16.40-17.40 Mind & Body 1	ZUMBA® 19.00-19.50 Loft 1
DISCOVERY FLEXIBILITÄT 1 18.30-19.00 Wellbeingzone	GRIDZ 17.15-18.05 TribalFit	BODYPUMP® 18.50-19.50 Loft 1	ZUMBA® 18.00-18.50 Loft 1	DANCE AEROBIC 17.50-18.40 Loft 1	BALLETT 17.50-18.50 Loft 2	YIN YOGA 19.10-20.10 Mind&Body 1
TRIBALFIT 18.40-19.40 TribalFit	BODYPUMP 17.20-18.20 Loft 1	STEP 2 18.50-19.50 Loft 2	HATHA YOGA 1 18.30-19.30 Mind & Body 1	BALLETT 17.50-18.50 Loft 2	YOGILATES 18.05-19.05 Mind & Body 1	
MIND CYCLING 18.50-19.40 Cycling Loft	PILATES 1 17.40-18.30 Mind & Body 1	INDOOR CYCLING 2 18.50-19.50 Cycling Loft	AERIAL YOGA 18.30-19.30 Mind & Body 2	YOGILATES 18.05-19.05 Mind & Body 1	BODYSHAPE 18.50-19.40 Loft 1	
RÜCKENFITNESS 18.50-19.40 Loft 1	BALLETT 18.10-19.10 Loft 2	TRIBALFIT 19.00-20.00 TribalFit	AQUA FIT 18.55-19.40 Pool	BODYSHAPE 18.50-19.40 Loft 1	YIN YOGA 19.15-20.15 Mind & Body 1	
STEP 2 18.50-19.50 Loft 2	TRIBALFIT 18.15-19.15 TribalFit	STRESSABBAU 19.00-20.00 Mind & Body 2	INDOOR CYCLING 1 18.55-19.45 Cycling Loft	YIN YOGA 19.15-20.15 Mind & Body 1	VOLLEYBALL 19.50-21.50 Loft 1	
DIE RISHIKESH REIHE 18.50-19.50 Mind & Body 2	BODYSHAPE 18.30-19.20 Loft 1	AQUA SPECIAL 19.15-20.00 Pool	BODYPUMP® 19.00-20.00 Loft 1			
21ST CENTURY YOGA 18.50-19.50 Mind & Body 1	DISCOVERY KRAFT 1 18.30-19.00 Wellbeingzone	PILATES 1 19.20-20.10 Mind & Body 1	BOXEN 19.00-20.00 PT-Raum			
AQUA FIT 19.50-20.35 Pool	INDOOR CYCLING 2 18.30-19.30 Cycling Loft	BODYSHAPE 20.00-20.50 Loft 1	STREETJAZZ 19.00-20.00 Loft 2			
JAZZ DANCE 2 20.00-21.15 Loft 2	PILATES 2 18.40-19.40 Mind & Body 1	YIN YOGA 20.20-21.20 Mind & Body 1	ASHTANGA YOGA 19.40-20.40 Mind & Body 1			
YIN YOGA NIDRA 20.00-21.00 Mind & Body 2	ZUMBA® 19.30-20.20 Loft 1		AQUA 19.55-20.40 Pool			
21ST CENTURY YOGA 20.00-21.00 Mind & Body 1	AQUA 19.30-20.15 Pool		INDOOR FUSSBALL 20.00-22.00 Teamporthalle			
	YIN YOGA 19.50-20.50 Mind & Body 1		BAUCH PUR 20.10-20.30 Loft 2			
	INDOOR FUSSBALL 20.00-22.00 Teamporthalle					

REGISTRIERUNG & STORNIERUNG ALLER KURSE IN DER MYASPRIA APP!
PLEASE REGISTER FOR ALL COURSES VIA THE MYASPRIA APP!

ÄNDERUNGEN VORBEHALTEN. ES GELTEN VORRANGIG DIE AKTUELLEN ANGABEN IN DER MYASPRIA APP.
CHANGES PERMITTED. THE CURRENT INFORMATION IN THE MYASPRIA APP HAS PRIORITY.

WIR BITTEN SIE, 5 MINUTEN VOR BEGINN IM KURSRAUM ZU SEIN. BEI VERSPÄTUNG KANN IHR PLATZ ANDERWEITIG VERGEBEN WERDEN.
PLEASE ARRIVE AT LEAST 5 MINUTES BEFORE YOUR CLASS. IF YOU ARE LATE, YOUR SPOT MAY BE GIVEN TO SOMEONE ELSE.

BEI INTERESSE AM ZUSATZABO FÜR TRIBALFIT KURSE WENDEN SIE SICH AN UNSERE MEMBERSHIP CONSULTANTS.
PLEASE CONTACT OUR MEMBERSHIP CONSULTANTS FOR A MEMBERSHIP TO ATTEND OUR TRIBALFIT CLASSES.

ACADEMY-ZEITEN: MO-FR 16.00-19.00 UND SA 10.00-12.00
ACADEMY-TIMES: MON-FRI 16:00-19:00 AND SAT 10:00-12:00

	MORGENS		30 MINUTEN
	MITTAGS & NACHMITTAGS		ZUSATZABO
	ABENDS		