

KURSPLAN | STUDIO CLASS TIMETABLE

AB 15. SEPTEMBER 2020 | FROM 15 SEPTEMBER 2020



MONTAG MONDAY	DIENSTAG TUESDAY	MITTWOCH WEDNESDAY	DONNERSTAG THURSDAY	FREITAG FRIDAY	SAMSTAG SATURDAY	SONNTAG SUNDAY
08:00-08:45 Pilates Susanne, Studio	08:00-08:45 Body Workout Carsten, Studio	08:00-08:45 BBP Workout Dagmar, Studio	08:00-08:45 Yoga Miha, Business Lounge	08:00-08:45 BODYPUMP® Felix, Studio	09:45-10:45 Functional Training Lea, Hockeyfeld	08:30-09:15 BBP Workout Noemi, Studio
09:00-09:45 BBP Workout Susanne, Studio	08:00-08:45 Swimming Thomas, Innenpool	08:00-09:00 Functional Training Max, Hockeyfeld	08:00-08:45 Body Workout Martina, Studio	09:00-09:45 Pilates Felix, Studio	10:00-10:45 Yogalates Uta, Studio	09:30-10:15 Step Intervall Noemi, Studio
10:00-10:45 60+ Workout Christiane, Studio	09:00-09:45 Cycling Carsten, Business Lounge	09:00-09:45 Mobility Dagmar, Studio	09:00-09:45 Yoga Miha, Business Lounge	10:00-10:45 BBP Workout Mahdieh, Studio	10:00-10:45 Cycling Carsten, Business Lounge	10:30-11:15 BBP Workout Noemi, Studio
10:00-10:45 Aqua Mix Susanne, Innenpool	09:00-09:45 Rückenfit Dagmar, Studio	10:00-10:45 Aqua Mix Dagmar, Innenpool	09:00-09:45 Pilates Martina, Studio	11:00-11:45 Rückenfit Mahdieh, Studio	11:00-11:45 Body Workout Lea, Studio	11:30-12:15 Pilates Noemi, Business Lounge
11:00-11:45 Pilates Jojo, Business Lounge	10:00-10:45 Faszien Body Workout Dagmar, Studio	10:00-10:45 Power Yoga Kim S., Studio	10:00-10:45 Buggy Workout Franzi, Outdoor	12:00-12:45 Aqua Mix Mahdieh, Innenpool	12:00-12:45 Family Yoga Marisa, Studio	12:00-12:45 BODYPUMP® Alex W., Studio
11:00-11:45 60+ Workout Christine, Studio	11:00-11:45 BBP Workout Dagmar, Studio	11:00-11:45 Power Yoga Kim S., Studio	10:00-10:45 Faszien Body Workout Susanne, Studio	12:00-12:45 Yogalates Marisa, Studio	13:00-13:45 Yoga Beginners Marisa, Studio	13:00-13:45 Cycling Alex W., Business Lounge
12:00-12:45 Body Workout Johanna, Studio	12:00-12:45 Pilates Dagmar, Studio	11:00-11:45 Aqua Mix Dagmar, Innenpool	11:00-11:45 Aqua Mix Susanne, Innenpool	13:00-14:00 Yoga Miha, Studio	14:00-14:45 BODYPUMP® Andrea V., Studio	13:00-13:45 Body Workout Marei, Studio
12:00-12:45 Pilates Jojo, Business Lounge	17:00-17:45 Pilates Jojo, Studio	12:00-12:45 Rückenfit Marei, Studio	11:00-11:45 Pilates Franzi, Business Lounge	15:00-15:45 TaiQiGong Gundel, Studio	17:00-17:45 Athletic Workout Kim S., Studio	14:00-14:45 Body Workout Marei, Studio
13:00-13:45 Body Workout Johanna, Studio	18:00-18:45 Triathlon Running Thorsten, Outdoor	13:00-13:45 60+ Workout Marei, Studio	11:00-11:45 Body Workout Johanna, Studio	16:00-16:45 Body Workout Johanna, Studio	18:00-18:45 Deep Stretch Kim S., Studio	15:00-15:45 BODYPUMP® Svea, Studio
17:00-17:45 BBP Workout Sonya, Studio	18:00-18:45 BBP Workout Mahdieh, Studio	17:00-17:45 Dance Workout Susann, Studio	12:00-12:45 Body Workout Johanna, Studio	17:00-17:45 Family Workout Carsten, Hockeyfeld		16:00-16:45 Power Yoga Kim S., Studio
18:00-18:45 BBP Workout Sonya, Studio	19:00-19:45 BODYPUMP® Dimitrios, Studio	18:00-18:45 Pilates Susanne, Studio	18:00-18:45 Yogalates Julian, Studio	17:00-17:45 Pilates Maren, Studio		17:00-17:45 Athletic Workout Kim S., Studio
18:00-19:00 Functional Training Thomas L., Hockeyfeld	19:00-19:45 Triathlon Cycling Thorsten, Business Lounge	18:00-18:45 Cycling Johanna, Cyclingbereich	18:00-19:00 Functional Training Everest, Hockeyfeld	18:00-18:45 Athletic Workout Maren, Studio		18:00-18:45 Power Yoga Beginners Kim S., Studio
18:15-19:00 Aqua Mix Marei, Innenpool	19:00-19:45 Aqua Mix Mahdieh, Innenpool	19:00-19:45 Body Workout Susanne, Studio	18:30-19:15 Cycling Alex H., Business Lounge	18:00-18:45 Cycling Chris, Business Lounge		
19:00-19:45 BODYPUMP® Martin, Studio	19:00-20:00 Functional Training Thomas, Hockeyfeld	19:15-20:00 Yogalates Pius, Business Lounge	19:00-19:45 Body Workout Agnes, Studio	18:00-19:00 Functional Training Carsten, Hockeyfeld		
19:15-20:00 Cycling Thomas L., Business Lounge	20:00-20:45 Triathlon Swimming Thorsten, Innenpool	19:30-20:30 Functional Training Roman, Hockeyfeld	19:30-20:15 Yogalates Dominique, Business Lounge	19:15-20:15 Yoga Diana H., Business Lounge		
20:00-20:45 BODYPUMP® Martin, Studio	20:00-20:45 Yoga Anna J., Studio	20:15-21:15 Yoga Pius, Business Lounge	20:00-20:45 Body Workout Agnes, Studio			
21:00-22:00 Yin Yoga Dominique, Studio	21:00-22:00 Yoga Dominique, Studio		20:30-21:30 Yin Yoga Dominique, Business Lounge			



Bei trockenem Wetter findet dieser Kurs draußen statt.

An der frischen Luft ist die Infektionsgefahr geringer und viele Mitglieder fühlen sich wohler. Bitte bringen Sie eine Jacke zum Überziehen mit.

Bitte melden Sie sich zu allen Kursen unbedingt über die myAspria App an!

Please register for all courses via the myAspria App!

Falls Sie an einem Kurs doch nicht teilnehmen können, stornieren Sie ihn bitte in der App und geben den Platz für ein anderes Mitglied frei.

If you are unable to attend a class, please cancel it in the app and leave the space for another member.

Bitte seien Sie rechtzeitig zu Kursbeginn vor Ort. Bei zu spätem Erscheinen wird der Platz an wartende Teilnehmer vergeben.

Please be on site at the beginning of the course. If you arrive too late, the place will be given to waiting participants.

Gültig ab 15. September 2020. Änderungen vorbehalten.
Effective from 15 September 2020. Subject to change.