

# KURSPLAN | STUDIO CLASS TIMETABLE AB MAI 2022 | FROM MAY 2022

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
BODY WORKOUT 08.00-08.45   Studio	BODY PUMP® 07.00-08.00   Studio	FUNCTIONAL TRAINING 08.00-09.00   Outdoor	INDOOR CYCLING 07.50-08.50   Lounge	BODY WORKOUT 07.05-07.50   Studio	ATHLETIC WORKOUT 08.15-09.15   Studio	BODY WORKOUT 09.05-09.50   Outdoor
PILATES 08.55-09.40   Studio	FUNCTIONAL TRAINING 08.00-08.45   Outdoor	EINFÜHRUNG FUNCTIONAL 1 08.00-09.30   Wellbeing Area	YOGA 08.00-09.00   Studio	STEP INTERVALL 08.00-08.45   Studio	FUNCTIONAL TRAINING 09.00-10.00   Outdoor	PILATES 10.00-10.45   Studio
AQUA SHAPE 09.00-09.30   Pool	SCHWIMMTRAINING 08.00-08.45   Pool	POWER YOGA+ 09.35-10.35   Studio	EINFÜHRUNG FLEXIBILTY 1 09.00-09.30   Wellbeing Area	PILATES 08.55-09.40   Studio	ABS & CORE 09.20-09.50   Studio	EINFÜHRUNG FLEXIBILITY 2 11.00-11.30   Wellbeing Area
EINFÜHRUNG KRAFT 1 09.00-09.30   Wellbeing Area	BODY WORKOUT 08.25-09.10   Studio	AQUA SHAPE 10.00-10.30   Pool	BODY WORKOUT 09.00-09.45   Outdoor	EINFÜHRUNG KRAFT 2 09.00-09.30   Wellbeing Area	YOGA 10.00-11.00   Studio	LANGHANTEL TRAINING 11.00-11.45   Studio
FASZIEN BODY WORKOUT 09.45-10.30   Lounge	EINFÜHRUNG CARDIO 1 09.00-09.30   Wellbeing Area	POWER YOGA 10.45-11.30   Lounge	YOGALATES 09.10-09.55   Studio	HOT YOGA 09.15-10.15   Salzraum	FATBURNER 10.15-11.00   Outdoor	BODY WORKOUT 12.00-12.45   Studio
60+ WORKOUT 09.50-10.35   Studio	INDOOR CYCLING 09.00-10.00   Lounge	BODY WORKOUT 10.45-11.30   Studio	AQUA SHAPE 09.15-09.45   Pool	AQUA SHAPE 09.30-10.00   Pool	EINFÜHRUNG FUNCTIONAL 2 11.00-11.30   Wellbeing Area	INDOOR CYCLING 12.00-13.00   Lounge
AQUA SHAPE 10.40-11.10   Pool	YOGA 09.30-10.30   Studio	60+ WORKOUT 11.40-12.25   Outdoor	PILATES 09.55-10.40   Lounge	HIIT 10.00-10.30   Outdoor	BODY WORKOUT 11.10-11.55   Outdoor	PILATES 12.55-13.40   Studio
60+ WORKOUT 10.45-11.30   Outdoor	FASZIEN BODY WORKOUT 10.15-11.00   Studio	MOBILITY & STRETCH 11.40-12.25   Studio	FASZIEN BODY WORKOUT 10.00-10.45   Studio	BODY WORKOUT 10.15-11.00   Studio	YOGA 11.10-11.55   Studio	ABS & CORE 13.15-13.45   Lounge
BODY WORKOUT 11.15-12.00   Outdoor	YOGALATES 10.40-11.25   Studio	RÜCKEN WORKOUT 12.35-13.20   Studio	BODY WORKOUT 10.55-11.40   Studio	HOT YOGA 10.30-11.30   Salzraum	PILATES 12.05-12.50   Studio	YOGA 13.50-14.50   Studio
PILATES 12.10-13.10   Outdoor	PILATES 11.10-11.55   Lounge	AQUA SHAPE 12.40-13.10   Pool	AQUA SHAPE 11.00-11.45   Pool	ABS & CORE 10.40-11.10   Outdoor	BODY WORKOUT 13.00-13.45   Outdoor	HOT YOGA 14.00-15.00   Salzraum
EINFÜHRUNG FUNCTIONAL 2 15.00-15.30   Wellbeing Area	AQUA SHAPE 12.05-12.35   Pool	EINFÜHRUNG KRAFT 2 15.00-15.30   Wellbeing Area	FUNCTIONAL BUGGY FIT 11.55-12.40   Outdoor	RÜCKEN WORKOUT 11.10-11.55   Studio	BODY PUMP® 14.00-14.45   Studio	EINFÜHRUNG FUNCTIONAL 1 15.00-15.30   Wellbeing Area
TEENS TRAINING 16.00-17.00   Wellbeing Area	EINFÜHRUNG FLEXIBILITY 2 15.00-15.30   Wellbeing Area	TEENS TRAINING 16.00-17.00   Wellbeing Area	RÜCKEN & MOBILITY 11.50-12.35   Studio	YOGALATES 12.05-12.50   Studio	DANCE 'N SHUFFLE 14.00-14.45   Lounge	BODY PUMP® 15.00-16.00   Studio
ABS & CORE 17.20-17.50   Studio	ABS & CORE 16.35-17.05   Studio	HIIT CYCLING 17.00-17.45   Lounge	EINFÜHRUNG CARDIO 2 15.00-15.30   Wellbeing Area	YOGA 13.00-14.00   Studio	EINFÜHRUNG KRAFT 3 15.00-15.30   Wellbeing Area	HOT YOGA 15.15-16.15   Salzraum
EINFÜHRUNG FLEXIBILITY 1 18.00-18.30   Wellbeing Area	HIIT 17.15-17.45   Outdoor	PILATES 17.05-17.50   Studio	BEACHVOLLEYBALL 17.00-18.00   Outdoor	EINFÜHRUNG FLEXIBILITY 1 15.00-15.30   Wellbeing Area	ATHLETIC WORKOUT 15.00-15.45   Studio	BODY BALANCE® 16.15-17.00   Studio
FUNCTIONAL TRAINING 18.00-18.45   Outdoor	RÜCKEN & MOBILITY 17.00-17.45   Studio	BODY ATTACK® 17.45-18.30   Outdoor	BODY PUMP® 17.00-18.00   Studio	PILATES 16.05-16.50   Studio	PILATES 15.55-16.40   Studio	FATBURNER 16.15-17.00   Outdoor
DANCE 'N SHUFFLE 18.00-18.45   Studio	EINFÜHRUNG KRAFT 1 18.00-18.30   Wellbeing Area	EINFÜHRUNG CARDIO 2 18.00-18.30   Wellbeing Area	EINFÜHRUNG KRAFT 3 18.00-18.30   Wellbeing Area	FAMILY WORKOUT 17.00-17.45   Outdoor	EINFÜHRUNG FLEXIBILITY 1 18.00-18.30   Wellbeing Area	YOGALATES 17.10-18.10   Studio
HIIT 18.15-18.45   Lounge	TRIATHLON RUNNING 18.00-18.45   Outdoor	ABS & CORE 18.00-18.30   Lounge	BODY WORKOUT 18.00-18.45   Outdoor	MOBILITY & STRETCH 17.00-17.45   Studio		EINFÜHRUNG KRAFT 2 18.00-18.30   Wellbeing Area
HOT YOGA 18.15-19.15   Salzraum	ATHLETIC WORKOUT 18.00-18.45   Loft 1	BODY PUMP 18.00-19.00   Studio	BODY ATTACK® 18.15-19.00   Studio	EINFÜHRUNG FUNCTIONAL 1 18.00-18.30   Wellbeing Area		
BEACHVOLLEYBALL 18.30-19.30   Outdoor	BODY WORKOUT 18.05-18.50   Outdoor	HOT YOGA 18.00-19.00   Salzraum	AQUA SHAPE 19.00-19.30   Pool	FUNCTIONAL TRAINING 18.00-18.45   Outdoor		
AQUA SHAPE 19.00-19.30   Pool	AQUA SHAPE 19.00-19.30   Pool	HIIT 18.40-19.10   Outdoor	FUSSBALL 19.00-20.00   Outdoor	BODY PUMP® 18.00-19.00   Studio		
INDOOR CYCLING 19.00-20.00   Lounge	TRIATHLON CYCLING 19.00-19.45   Lounge	AQUA SHAPE 18.45-19.15   Pool	YOGALATES 19.10-19.55   Studio	BODY WORKOUT 18.15-19.00   Lounge		
BODY PUMP® 19.00-20.00   Studio	BODY PUMP® 19.00-20.00   Studio	FUNCTIONAL TRAINING 19.00-20.00   Outdoor	INDOOR CYCLING 19.00-19.45   Lounge	FUSSBALL 19.00-20.00   Outdoor		
FUSSBALL 19.00-20.00   Outdoor	POWER YOGA 19.55-20.40   Lounge	YOGALATES 19.10-19.55   Studio	BODY BALANCE® 20.05-21.05   Studio	YOGA 19.15-20.15   Studio		
HOT YOGA 19.30-20.30   Salzraum	TRIATHLON SWIMMING 20.00-20.45   Pool	LM CORE® 19.15-20.00   Lounge	BOX WORKOUT 20.30-21.30   Outdoor	INDOOR CYCLING 19.15-20.00   Lounge		
INDOOR CYCLING 20.15-21.00   Lounge	BODY ATTACK® 20.10-20.55   Outdoor	HOT YOGA 19.15-20.15   Salzraum				
		YOGA 20.05-21.05   Studio				
		BODY BALANCE® 20.10-20.55   Lounge				
		BOX WORKOUT 20.10-21.10   Outdoor				

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

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

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.

ACADEMY-ZEITEN: MO-FR 9.45-12.00 UND 16.00-18.00 | SA, SO & FEIERTAGS 9.45-14.00  
ACADEMY-TIMES: MO-FR 9:45-12:00 AND 16:00-18:00 | SAT, SUN & HOLIDAYS 9:45-14:00

	MORGENS
	MITTAGS & NACHMITTAGS
	ABENDS