

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

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
SIVANANDA YOGA 08.15-09.15 Balance	CYCLING 06.45-07.35 Energy	CYCLING 09.00-10.00 Energy	HATHA YOGA 08.00-08.45 Balance	BODY ATTACK 08.00-08.45 Shape	BODY PUMP 09.00-09.45 Shape	LAUF TREFF 09.30-10.30 Outdoor
BODYSHAPE 09.00-09.45 Shape	AQUA FIT 08.30-09.15 Pool	RÜCKEN YOGA 09.00-09.45 Balance	CYCLING 08.00-09.00 Energy	CYCLING 09.00-10.00 Energy	SIVANANDA YOGA 09.30-10.45 Balance	VINYASA FLOW 09.30-10.30 Balance
RÜCKENFIT 09.30-10.00 Balance	YOGALATES 09.00-09.45 Balance	AQUA FIT 09.00-09.45 Pool	AQUA FIT 08.45-09.30 Pool	AQUA FIT 09.00-09.45 Pool	BODYSHAPE 10.00-10.45 Shape	CYCLING 10.00-11.00 Energy
BUGGY WORKOUT 10.00-11.00 Outdoor	POWER WORKOUT 09.00-09.45 Shape	RÜCKENFIT 09.00-09.45 Shape	RÜCKEN YOGA 09.00-09.45 Balance	BODY PUMP 10.00-10.00 Shape	CYCLING 10.00-11.00 Energy	TABATA 10.00-10.45 Shape
ZUMBA 10.00-10.45 Shape	FUNCTIONAL TRAINING 10.00-10.45 Functional Area	BODYPUMP 10.00-11.00 Shape	DEEPWORK 09.00-09.55 Shape	RÜCKEN & GELENKE 09.15-10.15 Balance	STEP 11.00-11.45 Shape	AQUA FIT 10.15-11.00 Pool
CYCLING 10.00-11.00 Energy	PILATES 10.00-10.45 Balance	PILATES 10.30-11.15 Balance	YIN YOGA 10.30-11.15 Balance	MAMA WORKOUT MIT BABY 09.30-10.15 Academy Fit	VINYASA YOGA 11.00-12.00 Balance	RÜCKEN YOGA 10.45-11.45 Balance
PILATES 10.15-11.00 Balance	QI GONG 10.00-10.45 Balance	AQUA POWER 12.00-12.45 Pool	RÜCKENFIT 11.00-11.45 Shape	BODY SHAPE 10.15-11.00 Shape	MOBILITY 12.00-12.45 Balance	CYCLING 11.15-12.15 Energy
AQUA FIT 10.15-11.00 Pool	INTERNATIONAL BODYART 10.00-11.45 Shape	MED. RÜCKENTRAINING 12.30-13.15 Shape	RÜCKEN & GELENKE 12.00-12.45 Shape	CORE MEETS BECKENBODEN 10.30-11.15 Balance	FUNCTIONAL TRAINING 12.00-12.45 Shape	BODY PUMP 11.00-12.00 Shape
STEP 11.00-11.45 Shape	FASZIENSTRETCHING 11.00-11.45 Balance	KORCE 16.00-16.50 Shape	BODYSHAPE CORE 16.00-16.45 Shape	RÜCKENFIT 11.15-12.00 Shape	AQUA FIT 12.30-13.15 Pool	MOBILITY 12.00-12.50 Balance
CORE MEETS BECKENBODEN 11.15-12.00 Balance	BODYSHAPE 11.15-12.00 Shape	CYCLING 17.10-18.10 Energy	FUNCTIONAL TRAINING 17.00-17.45 Functional Area	YOGALATES 11.30-12.15 Balance	FAMILY FUNCTIONAL 13.15-14.00 Functional Area	POWER WORKOUT 12.15-13.00 Shape
FASZIENSENSE 12.15-13.00 Balance	FIT & VITAL 12.15-13.00 Shape	ZUMBA 17.00-17.45 Shape	FASZIEN STRETCHING 17.00-17.45 Balance	FIT & VITAL 12.30-13.15 Shape	DEEPWORK 13.00-13.45 Shape	MED. RÜCKENTRAINING 13.00-13.50 Balance
BODYSHAPE CORE 16.30-17.15 Shape	ASHTANGA YOGA 16.30-17.30 Balance	HATHA YOGA 17.00-18.00 Balance	STEP 17.00-17.45 Shape	TAI CHI 16.00-16.45 Balance	INTERNATIONAL BODYART 14.30-15.30 Balance	BODYPUMP 13.30-14.30 Shape
DEEPWORK 17.30-18.25 Shape	BODYSHAPE 17.00-17.50 Shape	RÜCKENFIT 18.10-19.05 Balance	CYCLING 17.45-18.45 Energy	PILATES 17.00-17.45 Balance		ZUMBA 14.45-15.30 Shape
MED. RÜCKENTRAINING 17.30-18.15 Balance	CYCLING 17.00-17.45 Energy	BODYPUMP 18.00-19.00 Shape	FASZIEN IN BEWEGUNG 18.00-18.55 Balance	BODY SHAPE 17.00-17.45 Shape		
CYCLING 18.00-18.45 Energy	RÜCKEN & GELENKE 17.45-18.30 Balance	CYCLING 18.20-19.20 Energy	BODYATTACK 18.00-18.45 Shape	POWER YOGA 18.00-19.00 Balance		
INTERNATIONAL BODYART 18.30-19.30 Balance	CYCLING 18.00-19.00 Energy	YOGA+MEDITATION 19.15-20.30 Balance	BEACHVOLLEYBALL FORTGESCHRITTEN 18.00-20.00 Beachvolleyballfeld	POWER WORKOUT 18.00-18.45 Shape		
BOX FIT 18.35-19.20 Shape	BOOTY & BAUCH 18.00-18.30 Shape	BODY ATTACK 19.15-20.15 Shape	LAUF ABC 18.00-19.00 Outdoor	CYCLING 18.00-19.00 Energy		
AQUA FIT 18.45-19.30 Pool	BEACHVOLLEYBALL EINSTEIGER 18.00-20.00 Beachvolleyballfeld	OUTDOOR TRAINING 19.15-20.30 Outdoor	AQUA POWER 18.45-19.30 Pool	AQUA FIT 18.30-19.15 Pool		
CYCLING 19.00-19.45 Energy	AQUA FIT 18.45-19.30 Pool	AQUA FIT 19.45-20.30 Pool	BODY BALANCE 19.00-19.45 Balance	HATHA YOGA 19.15-20.15 Balance		
BODY PUMP 19.30-20.30 Shape	VINYASA YOGA 18.40-19.35 Balance		BODYPUMP 19.00-20.00 Shape	DANCE AEROBIC 19.00-19.45 Shape		
YOGA+MEDITATION 20.00-21.00 Balance	TABATA 18.45-19.30 Shape		HATHA YOGA 20.00-21.00 Balance			
	BODYPUMP 19.45-20.30 Shape					
	SIVANANDA YOGA 19.45-20.45 Balance					

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	30 MINUTEN
	ABENDS	