

| | MONTAG | | DIENSTAG | | MITTWOCH | | DONNERSTAG | | FREITAG | | SAMSTAG | | SONNTAG | |
|-------|----------------------------|---------------------------|------------------------|---------------------------|-----------------------|---------------------------|---------------------------|------------------------|------------------|----------------------|----------------------|-------------------------|---------------------------|------------------|
| | Studio 2 | Studio 3 | Studio 2 | Studio 3 | Studio 2 | Studio 3 | Studio 2 | Studio 3 | Studio 2 | Studio 3 | Studio 2 | Studio 3 | Studio 2 | Studio 3 |
| 06:00 | | | | | | | | | | | | | | |
| 06:15 | | | | | | | | | | | | | | |
| 06:30 | | | | | | | | | | | | | | |
| 06:45 | | | | | | | | | | | | | | |
| 07:00 | | | 07.00 - 08.00 | | | | 07.00 - 08.00 | | | | | | | |
| 07:15 | | | Indoorcycle Markus | | | | Indoorcycle Rudi | | | | | | | |
| 07:30 | | | | | | | | | | | | | | |
| 07:45 | | | | | | | | | | | | | | |
| 08:00 | 08.00 - 09.00 | | 08.00 - 09.00 | | 07.55 - 08.55 | | | | | 08.00 - 09.00 | | | | |
| 08:15 | Indoorcycle Katharina | | Body Workout Marvin | | Body Fit Sonja | | | | | ATOS Vienna BJJ | | | | |
| 08:30 | | 08.30 - 09.30 | | 08.30 - 09.30 | | 08.30 - 09.30 | 08.30 - 10.00 | | | 08.30 - 09.30 | | | | |
| 08:45 | | Faszientraining Marvin | | TRX Ina | | Romana´s Pilates® Sara | BBP/Stretching Sonja | | | Indoorcycle Sonja | | | | |
| 09:00 | 09.00 - 10.00 | | | | 09.00 - 10.00 | | | | | | | 09.00 - 10.00 | | |
| 09:15 | Yoga Michaela | | | | Indoorcycle Sonja | | | | | | | TRX Marvin | | |
| 09:30 | | 09.30 - 11.00 | 09.30 - 10.30 | 09.30 - 11.00 | | 09.30 - 11.00 | | 09.30 - 11.00 | | 09.35 - 10.35 | | | | 09.30 - 10.30 |
| 09:45 | | ATOS Vienna BJJ | Backhealth Natascha | ATOS Vienna BJJ | | ATOS Vienna BJJ | | ATOS Vienna BJJ | | Pumping Sarah | | | | TRX Alexandra |
| 10:00 | 10.00 - 11.00 | | | | | | 10.00 - 11.00 | | | | | | | |
| 10:15 | Functional BBP Natascha | | | | | | Pilates Natascha | | | | | | | |
| 10:30 | | | | | | | | | | | | | | |
| 10:45 | | | | | | | | | | | | | | |
| 11:00 | | | | | 11.00 - 12.00 | | | | | | | 11.00 - 12.00 | | |
| 11:15 | | | | | Fit ins Alter Mike | | | | | | | ATOS Vienna BJJ Kids | | |
| 11:30 | | | | | | | | | | | | | | |
| 11:45 | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | 12.00 - 14.00 | | |
| 12:15 | | | | | | | | | | | | ATOS Vienna BJJ | | |
| 12:30 | | | | | | | | | | | | | | |
| 12:45 | | | | | | | | | | | | | | |
| 13:00 | | | | | | | | | | | | | | |
| 13:15 | | | | | | | | | | | | | | |
| 13:30 | | | | | | | | | | | | | | |
| 13:45 | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | |
| 14:15 | | | | | | | | | | | | | | |
| 14:30 | | | | | | | | | | | | | | |
| 14:45 | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | |
| 15:15 | | | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | | | |
| 15:45 | | | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | |
| 16:15 | | | | | | | | | | | | | | |
| 16:30 | | | | | | | | | | | | | | |
| 16:45 | | | | | | | | | | | | | | |
| 17:00 | | | | 17.00 - 18.00 | 17.00 - 18.00 | | 17.00 - 18.00 | 17.00 - 18.00 | 17.00 - 18.00 | | | | | |
| 17:15 | | | | ATOS Vienna BJJ Kids | PowerCircle Katrin | | ATOS Vienna BJJ Kids | Backhealth Michaela | TRX Elisa | | | | | |
| 17:30 | 17.30 - 18.30 | 17.30 - 18.30 | | | | | | | | | | | | |
| 17:45 | Yogalates Kerem | TRX Sandro | | | | | | | | | | | | |
| 18:00 | | | 18.00 - 19.00 | 18.00 - 19.00 | 18.00 - 19.00 | 18.00 - 19.00 | 18.00 - 19.00 | 18.00 - 19.00 | 18.00 - 19.00 | 18.00 - 19.30 | | | 18.00 - 19.00 | 18.00 - 19.30 |
| 18:15 | | | IndoorCycle Su | Salsa Aerobic Fernando | Hit the Bar Kerem | Faszientraining Katrin | Indoorcycle Elisa | BBP Fernando | Yoga Michaela | ATOS Vienna BJJ | | | Indoorcycle Marvin | Yoga Michaela |
| 18:30 | 18.30 - 19.30 | 18.30 - 19.30 | | | | | | | | | | | | |
| 18:45 | Hit the Bar Kerem | Backhealth Sandro | | | | | | | | | | | | |
| 19:00 | | | 19.05 - 20.05 | 19.05 - 20.05 | | 19.00 - 20.30 | 19.05 - 20.05 | 19.00 - 20.00 | | | | | | |
| 19:15 | | | Yoga Flow Su | Bodywork Fernando | 19.15 - 20.15 | ATOS Vienna BJJ | Romana´s Pialtes® Sara | Stretching Fernando | | | | | | |
| 19:30 | | 19.30 - 21.00 | | | | | | | | | 19.15 - 20.15 | | 19.10 - 20.10 | |
| 19:45 | 19.45 - 20.45 | ATOS Vienna BJJ | | | | | | | | | Stretching Sandro | | Faszientraining Marvin | |
| 20:00 | | | | | | | | | | | | | | |
| 20:15 | | | | 20.15 - 21.45 | | | | 20.15 - 21.45 | | | | | | |
| 20:30 | | | | ATOS Vienna BJJ | | | | ATOS Vienna BJJ | | | | | | |
| 20:45 | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | |
| 21:15 | | | | | | | | | | | | | | |
| 21:30 | | | | | | | | | | | | | | |
| 21:45 | | | | | | | | | | | | | | |
| 22:00 | | | | | | | | | | | | | | |

ÖFFNUNGSZEITEN
Montag bis Donnerstag: 06.00 Uhr bis 23.00 Uhr
Freitag bis Sonntag: 06.00 Uhr bis 21.00 Uhr



frei für MALU Mitglieder
separate Kursgebühren

| | MONTAG Spielplatz | DIENSTAG Spielplatz | MITTWOCH Spielplatz | DONNERSTAG Spielplatz | FREITAG Spielplatz | SAMSTAG Spielplatz | SONNTAG Spielplatz |
|-------|----------------------------------|----------------------------------|----------------------------------|-------------------------------------|-----------------------|----------------------------------|-----------------------|
| 06:00 | | | | | | | |
| 06:15 | | | | | | | |
| 06:30 | | | | | | | |
| 06:45 | | | | | | | |
| 07:00 | | | | | | | |
| 07:15 | | | | | | | |
| 07:30 | | | | | | | |
| 07:45 | | | | 07.30 - 08.30 | | | |
| 08:00 | | | | FullBody FunctionalCircuit Sarah | | | |
| 08:15 | | | | | | | |
| 08:30 | | | | | | | |
| 08:45 | | | | | | | |
| 09:00 | | | | | | | |
| 09:15 | | | | | | | |
| 09:30 | | | | | | 09.30 - 10.30 | |
| 09:45 | | | | | | Bootcamp Petra | |
| 10:00 | | | 10.00 - 11.00 | | | | |
| 10:15 | | | Jumping Fitness by AlphaChamp | | | | |
| 10:30 | | | | | | 10.30 - 11.30 | |
| 10:45 | | | | | | Jumping Fitness by AlphaChamp | |
| 11:00 | | | | | | | |
| 11:15 | | | | | | | |
| 11:30 | | | | | | | |
| 11:45 | | | | | | | |
| 12:00 | | | | | | | |
| 12:15 | | | | | | | |
| 12:30 | | | | | | | |
| 12:45 | | | | | | | |
| 13:00 | | | | | | | |
| 13:15 | | | | | | | |
| 13:30 | | | | | | | |
| 13:45 | | | | | | | |
| 14:00 | | | | | | | |
| 14:15 | | | | | | | |
| 14:30 | | | | | | | |
| 14:45 | | | | | | | |
| 15:00 | | | | | | | |
| 15:15 | | | | | | | |
| 15:30 | | | | | | | |
| 15:45 | | | | | | | |
| 16:00 | | | | | | | |
| 16:15 | | | | | | | |
| 16:30 | | | | | | | |
| 16:45 | | | | | | | |
| 17:00 | | | | | | | |
| 17:15 | | | | | | | |
| 17:30 | | | | | | | |
| 17:45 | | | | | | | |
| 18:00 | | 18.00 - 19.00 | | 18.00 - 19.00 | 18.00 - 19.00 | 18.00 - 19.15 | |
| 18:15 | | Tabata Elisa | | TRX - 6pack Sandro | Tabata Katharina | Functional Circuit Sandro | |
| 18:30 | 18.30 - 19.30 | | | | | | |
| 18:45 | Bootcamp Petra | | | | | | |
| 19:00 | | | | 19.00 - 20.00 | 19.00 - 20.30 | | |
| 19:15 | | | | TRX - 6pack Sandro | Muay Thai Ian | | |
| 19:30 | | | | | | | |
| 19:45 | 19.45 - 21.15 | | | | | | |
| 20:00 | Old School Boxing Henry Lewis | 20.00 - 21.30 | 20.00 - 21.30 | 20.00 - 21.30 | | | |
| 20:15 | | Old School Boxing Henry Lewis | Muay Thai Ian | Old School Boxing Henry Lewis | | | |
| 20:30 | | | | | | | |
| 20:45 | | | | | | | |
| 21:00 | | | | | | | |
| 21:15 | | | | | | | |
| 21:30 | | | | | | | |
| 21:45 | | | | | | | |
| 22:00 | | | | | | | |

ÖFFNUNGSZEITEN
Montag bis Donnerstag: 06.00 Uhr bis 23.00 Uhr
Freitag bis Sonntag: 06.00 Uhr bis 21.00 Uhr



frei für MALU Mitglieder
separate Kursgebühr