

	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									07.50 - 08.50					
08:00	08.00 - 09.00		08.00 - 09.00		08.00 - 09.00				Backhealth Mario	08.00 - 09.00				
08:15	Indoorcycle Su		Pilates Janine		Body Fit Katja					ATOS Vienna BJJ				
08:30		08.30 - 09.30		08.30 - 09.30		08.30 - 09.30		08.30 - 10.00						
08:45		TRX Rebecca		TRX Marika		TRX Rebecca		BBP/Stretching Sonja		Indoorcycle Sonja	09.00 - 10.00			
09:00	09.00 - 10.00											09.00 - 10.00		
09:15	Yoga Su											TRX Marika		
09:30		09.30 - 11.00	09.30 - 10.30	09.30 - 11.00		09.30 - 11.00		09.30 - 11.00						09.30 - 10.00
09:45		ATOS Vienna BJJ	Backhealth Marika	ATOS Vienna BJJ		ATOS Vienna BJJ		ATOS Vienna BJJ						TRX Alexandra
10:00	10.00 - 11.30				10.00 - 11.30				10.00 - 11.00					
10:15	Fit nach der Geburt 1 Greta				Fit nach der Geburt 1 Greta				MALU Hit the Bar Sonja	10.00 - 11.00				
10:30			10.30 - 11.30							TRX Marika			10.30 - 12.00	
10:45			Powerball Natascha										Yoga Su	
11:00						11.00 - 12.00		11.00 - 12.00			11.00 - 12.00			
11:15						Fit ins Alter Mike		Bodyflying Cat						
11:30	11.30 - 12.30				11.30 - 12.30							ATOS Vienna BJJ Kids		
11:45	Fit nach der Geburt 2 Greta				Fit nach der Geburt 2 Greta									
12:00												12.00 - 14.00		
12:15												ATOS Vienna BJJ		
12:30														
12:45														
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16:45														
17:00				17.00 - 18.00				17.00 - 18.00	17.00 - 18.00	17.00 - 18.00				
17:15				Bodyflying Cat				ATOS Vienna BJJ Kids	Backhealth Michaela	TRX Marika				
17:30	17.30 - 18.30	17.30 - 18.30												
17:45	Yoga Pilates Sabine	TRX Alexandra												
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 - 19.30	
18:15			Indoorcycle Su	Bodywork Fernando	MALU Hit the Bar Sonja	klassisches Stretchen Cat	Indoorcycle Su	BBP Fernando	Yoga Michaela	ATOS Vienna BJJ			Yoga Michaela	
18:30	18.30 - 19.30	18.30 - 19.30												
18:45	MALU Hit the Bar Alexandra	Backhealth Sandro												
19:00				19.05 - 20.05	19.00 - 20.00	19.00 - 20.30	19.05 - 20.05					19.00 - 20.00		
19:15			19.15 - 20.15	Yoga Flow Su	Pilates Cat	ATOS Vienna BJJ	Yoga Flow Su	19.15 - 20.15				Indoorcycle Sandro	19.15 - 20.15	
19:30		19.30 - 21.00	Salsa Aerobic Fernando					Stretching Fernando			19.30 - 20.30		Power Yogilates Claire	
19:45		ATOS Vienna BJJ												
20:00														
20:15			20.15 - 21.30	20.15 - 21.45				20.15 - 21.45						
20:30			TosoX Ulli	ATOS Vienna BJJ				ATOS Vienna BJJ						
20:45														
21:00														
21:15														
21:30														
21:45														
22:00														

	MONTAG Spielplatz	DIENSTAG Spielplatz	MITTWOCH Spielplatz	DONNERSTAG Spielplatz	FREITAG Spielplatz	SAMSTAG Spielplatz	SONNTAG Spielplatz	
06:00								06:00
06:15								06:15
06:30								06:30
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08:45								08:45
09:00			09.00 - 10.00					09:00
09:15			Funcional Circuit					09:15
09:30			Marika					09:30
09:45								09:45
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17:30								17:30
17:45								17:45
18:00		18.00 - 19.00		18.00 - 19.00	18.00 - 19.00	18.00 - 19.00		18:00
18:15		Tabata		TRX - 6pack	Tabata	Functional Circuit		18:15
18:30		Marika		Sandro	Marika	Sandro		18:30
18:45								18:45
19:00					19.00 - 20.30			19:00
19:15					Thaiboxen			19:15
19:30					Dalibor			19:30
19:45	19.45 - 21.15							19:45
20:00	Old School Boxing	20.00 - 21.30	20.00 - 21.30	20.00 - 21.30				20:00
20:15	Henry Lewis	White Collar Boxing	Thaiboxen	Old School Boxing				20:15
20:30		Milan	Dalibor	Henry Lewis				20:30
20:45								20:45
21:00								21:00
21:15								21:15
21:30								21:30
21:45								21:45
22:00								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