

	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				07.30 - 08.30										
07:45				Pilates Janine										
08:00	08.00 - 09.00				08.00 - 09.00					08.00 - 09.00				
08:15	Indoorcycle Su				Body Fit Sonja					ATOS Vienna BJJ				
08:30		08.30 - 09.30		08.30 - 09.30		08.30 - 09.30	08.30 - 10.00							
08:45		TRX Mariya		TRX Marika		TRX Mariya	BBP/Stretching Sonja			08.50 - 09.50				
09:00	09.00 - 10.00									Indoorcycle Sonja	09.00 - 10.00			
09:15	Yoga Su										Backhealth Marika			
09:30		09.30 - 11.00	09.30 - 10.30	09.30 - 11.00		09.30 - 11.00		09.30 - 11.00				09.00 - 10.00		
09:45		ATOS Vienna BJJ	Backhealth Marika	ATOS Vienna BJJ		ATOS Vienna BJJ		ATOS Vienna BJJ						09.30 - 10.30
10:00	10.00 - 11.00						10.00 - 11.00			10.00 - 11.00				TRX Alexandra
10:15	Functional BBP Natascha						Pilates Natascha			MALU Hit the Bar Sonja	10.00 - 11.00			
10:30											TRX Marika			
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														
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16:30														
16:45														
17:00				17.00 - 18.00				17.00 - 18.00	17.00 - 18.00	17.00 - 18.00				
17:15				ATOS Vienna BJJ Kids				ATOS Vienna BJJ Kids	Backhealth Michaela	TRX Marika				
17:30	17.30 - 18.30	17.30 - 18.30												
17:45	Yogalates Kerem	TRX Marika												
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 - 19.30			18.00 - 19.30	
18:15			Indoorcycle Su	Salsa Aerobic Fernando	MALU Hit the Bar Sonja		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 Markus	Backhealth Sandro												
19:00			19.05 - 20.05	19.05 - 20.05	19.00 - 20.00	19.00 - 20.30	19.05 - 20.05		19.00 - 20.30					
19:15			Yoga Flow Su	Bodywork Fernando	Yoga Pilates Kerem	ATOS Vienna BJJ	Yoga Flow Su	19.15 - 20.15	Muay Thai Ian		19.15 - 20.15			
19:30		19.30 - 21.00												
19:45	19.45 - 21.00	ATOS Vienna BJJ												
20:00														
20:15	TosoX Ulli			20.15 - 21.45	20.15 - 21.45			20.15 - 21.45						
20:30				ATOS Vienna BJJ	Muay Thai Ian			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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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 - 18.30							17:30
17:45	TRX							17:45
18:00	Sandro	18.00 - 19.00		18.00 - 19.00	18.00- 19.00	18.00 - 19.15		18:00
18:15		Tabata		TRX - 6pack	Tabata	Funcional Circuit		18:15
18:30		Marika		Sandro	Marika	Sandro		18:30
18:45								18:45
19:00				19.00 - 20.00				19:00
19:15				TRX - 6pack				19:15
19:30				Sandro				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
20:15	Henry Lewis	White Collar Boxing		Old School Boxing				20:15
20:30		Milan		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