

	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		08.30 - 10.00		08.00 - 09.00					
08:15	Indoorcycle Katharina		Body Workout Marvin		Body Fit Sonja		BBP/Stretching Sonja		ATOS Vienna BJJ					
08:30		08.30 - 09.30				08.30 - 09.30				08.30 - 09.30				
08:45		Faszientraining Marvin				Romana´s Pilates® Sara				Indoorcycle Sonja				
09:00	09.00 - 10.00				09.00 - 10.00									
09:15	Yoga Michaela				Indoorcycle Sonja									
09:30		09.30 - 11.00	09.30 - 10.30	09.30 - 11.00		09.30 - 11.00		09.30 - 11.00			09.30 - 10.30			
09:45		ATOS Vienna BJJ	Backhealth Natascha	ATOS Vienna BJJ		ATOS Vienna BJJ		ATOS Vienna BJJ			Backhealth Marvin			09.30 - 10.30
10:00	10.00 - 11.00							10.00 - 11.00						TRX Alexandra
10:15	Functional BBP Natascha							Pilates Natascha						
10:30														
10:45														
11:00					11.00 - 12.00						11.00 - 12.00		10.30 - 12.00	
11:15					Fit ins Alter Mike						ATOS Vienna BJJ Kids		Yoga Su	
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				
17:15				ATOS Vienna BJJ Kids				ATOS Vienna BJJ Kids	Backhealth Michaela	TRX Elisa				
17:30		17.30 - 18.30												
17:45		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 Katrín	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					19.15 - 20.15	ATOS Vienna BJJ	Romana´s Pialtes® Sara	Stretching Fernando			19.15 - 20.15		19.10 - 20.10	
19:30		19.30 - 21.00	Yoga Flow Su	Bodywork Fernando									Faszientraining Marvin	
19:45	19.45 - 20.45	ATOS Vienna BJJ												
20:00	TôsôX Ulli													
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							
08:00							
08:15							
08:30							
08:45							
09:00							
09:15							
09:30							
09:45							
10:00			10.00 - 11.00			10.30 - 11.30	
10:15			Jumping Fitness by AlphaChamp			Jumping Fitness by AlphaChamp	
10:30							
10:45							
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 - 19.15	
18:15		Tabata Elisa		TRX - 6pack Sandro		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