

|       | 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 |                           |                         | 06.00 - 07.00              |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 06:15 |                           |                         | EarlyBirds<br>Ride         |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 06:30 |                           |                         |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 06:45 |                           |                         |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 07:00 |                           |                         |                            |                         |                            | 07.00 - 08.00         |                          |                         | 07.00 - 08.00           |                     |                                    |                         |                              |                      |
| 07:15 |                           | 07.15 - 08.15           | 07.15 - 08.15              |                         |                            | Bootcamp<br>Sule      |                          |                         | Ride<br>Rudi            |                     |                                    |                         |                              |                      |
| 07:30 |                           | Combat Tabata<br>Vanja  | AllMountain Ride<br>Markus |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 07:45 |                           |                         |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 08:00 | 08.00 - 09.00             |                         |                            |                         |                            |                       | 08.00 - 09.00            |                         |                         |                     |                                    |                         |                              |                      |
| 08:15 | Inferno Ride<br>Katharina | 08.15 - 09.15           |                            |                         |                            |                       | Pilates Stretch<br>Agnes |                         |                         |                     |                                    |                         |                              |                      |
| 08:30 |                           | Power Stretch<br>Vanja  |                            | 08.30 - 09.30           | 08.30 - 09.30              |                       |                          | 08.30 - 09.30           |                         | 08.30 - 09.30       | 08.30 - 09.30                      |                         |                              |                      |
| 08:45 |                           |                         |                            | Pilates<br>Vanja        | Mixed Ride<br>Sonja        |                       |                          | BodyShape<br>Sonja      |                         | Mixed Ride<br>Sonja | Romanas Pilates<br>Sara            |                         |                              |                      |
| 09:00 |                           |                         |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 09:15 |                           |                         |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 09:30 |                           | 09.30 - 11.00           | 09.30 - 10.30              | 09.30 - 11.00           |                            | 09.30 - 11.00         | 09.30 - 10.30            | 09.30 - 11.00           |                         | 09.30 - 11.00       |                                    |                         |                              | 09.30 - 10.30        |
| 09:45 |                           | ATOS Vienna<br>BJJ      | Functional Basic<br>Vanja  | ATOS Vienna<br>BJJ      |                            | ATOS Vienna<br>BJJ    | Pilates<br>Natascha      | ATOS Vienna<br>BJJ      |                         | ATOS Vienna<br>BJJ  |                                    |                         |                              | 10.00 - 11.00        |
| 10:00 |                           |                         |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              | Yoga<br>Carmen       |
| 10:15 |                           |                         |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 10:30 |                           |                         | 10.30 - 11.30              |                         |                            |                       |                          |                         |                         |                     | 10.30 - 12.30                      |                         |                              |                      |
| 10:45 |                           |                         | Backhealth<br>Natascha     |                         |                            |                       |                          |                         |                         |                     | Bigsmile<br>Competition Academy I  |                         |                              |                      |
| 11:00 |                           |                         |                            |                         |                            | 11.00 - 12.00         |                          |                         |                         |                     |                                    | 11.00 - 12.00           |                              | 11.00 - 12.00        |
| 11:15 |                           |                         |                            |                         |                            | Fit ins Alter<br>Mike |                          |                         |                         |                     |                                    | ATOS Vienna<br>BJJ Kids |                              | Face Yoga<br>Melanie |
| 11:30 |                           |                         |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 11:45 |                           |                         |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 12:00 |                           |                         |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 12:15 |                           |                         |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 12:30 |                           |                         |                            |                         |                            |                       |                          |                         |                         |                     | 12.30 - 14.30                      |                         |                              |                      |
| 12:45 |                           |                         |                            |                         |                            |                       |                          |                         |                         |                     | Bigsmile<br>Competition Academy II |                         |                              |                      |
| 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 | 16.00 - 17.00             |                         | 16.00 - 17.00              | 16.00 - 17.00           | 16.00 - 17.00              |                       |                          | 16.00 - 17.00           | 16.00 - 17.00           |                     |                                    |                         | 16.00 - 17.00                |                      |
| 16:15 | Bigsmile<br>HipHop Kids   |                         | Bigsmile<br>HipHop Kids    | ATOS Vienna<br>BJJ Kids | Bigsmile<br>HipHop Kids    |                       |                          | ATOS Vienna<br>BJJ Kids | HIT Fatburning<br>Laura |                     |                                    |                         | FullBody PowerBar<br>Melissa |                      |
| 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         |                          | 17.00 - 18.00           | 17.00 - 18.00           | 17.00 - 18.00       |                                    |                         | 17.00 - 18.00                | 17.00 - 18.00        |
| 17:15 | Bigsmile<br>HipHop Teens  |                         | Bigsmile<br>HipHop Teens   | ATOS Vienna<br>BJJ Kids | Bigsmile<br>HipHop Teens   | Face Yoga<br>Melanie  |                          | ATOS Vienna<br>BJJ Kids | Backhealth<br>Michaela  | TRX<br>Elisa        |                                    |                         | UpTown Ride<br>Melissa       | Bigsmile             |
| 17:30 |                           | 17.30 - 18.30           |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 17:45 |                           | TRX<br>Ianara           |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 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 - 20.00       |                                    |                         |                              |                      |
| 18:15 |                           |                         | Beat Ride<br>Ianara        | Dance Work<br>Fernando  | Performance Ride<br>Bassem | Yoga<br>Michaela      | BodyAttack<br>Fernando   | Animal Flow<br>Sam      | Yoga<br>Michaela        | ATOS Vienna<br>BJJ  |                                    |                         |                              | 18.00 - 19.30        |
| 18:30 | 18.30 - 19.30             | 18.30 - 19.30           |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              | Yoga<br>Michaela     |
| 18:45 | Yoga<br>Carmen            | Romanas Pilates<br>Sara |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 19:00 |                           |                         | 19.00 - 20.00              | 19.00 - 20.00           |                            |                       |                          | 19.00 - 20.00           | 19.00 - 20.00           | 19.00 - 20.00       |                                    |                         |                              |                      |
| 19:15 |                           |                         | Yogalates<br>Ianara        | Strong Body<br>Fernando |                            |                       |                          | EarlyBirds<br>Ride      | Yogalates<br>Fernando   | Bigsmile            |                                    |                         |                              |                      |
| 19:30 |                           | 19.30 - 21.00           |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 19:45 | 19.45 - 20.45             | ATOS Vienna<br>BJJ      |                            |                         |                            | 19.15 - 20.15         |                          | 19.30 - 21.00           |                         |                     |                                    |                         |                              |                      |
| 20:00 |                           |                         | 20.00 - 21.00              |                         |                            | TösöX<br>Ulli         |                          | ATOS Vienna<br>BJJ      |                         |                     |                                    |                         |                              |                      |
| 20:15 |                           |                         | Bigsmile                   |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 20:30 |                           |                         |                            | 20.15 - 21.45           |                            | 20.15 - 21.15         |                          |                         |                         |                     |                                    |                         |                              |                      |
| 20:45 |                           |                         |                            | ATOS Vienna<br>BJJ      |                            | Bigsmile              |                          |                         |                         |                     |                                    |                         |                              |                      |
| 21:00 |                           |                         |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 21:15 |                           |                         |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 21:30 |                           |                         |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 21:45 |                           |                         |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |
| 22:00 |                           |                         |                            |                         |                            |                       |                          |                         |                         |                     |                                    |                         |                              |                      |

|       | MONTAG<br>Spielplatz             | DIENSTAG<br>Spielplatz           | MITTWOCH<br>Spielplatz        | DONNERSTAG<br>Spielplatz         | FREITAG<br>Spielplatz         | SAMSTAG<br>Spielplatz | SONNTAG<br>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         |                       |
| 10:15 |                                  |                                  |                               |                                  |                               | Bootcamp<br>Bassem    |                       |
| 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 |                                  |                                  |                               |                                  |                               | 17.00 - 18.00         |                       |
| 17:15 |                                  |                                  |                               |                                  |                               | Bootcamp<br>Sascha    |                       |
| 17:30 | 17.30 - 18.30                    |                                  |                               |                                  |                               |                       |                       |
| 17:45 | BootyLuv<br>Petra                |                                  |                               |                                  |                               |                       |                       |
| 18:00 |                                  | 18.00 - 19.00                    | 18.00 - 19.00                 | 18.00 - 19.00                    | 18.00 - 19.00                 | 18.00 - 19.00         |                       |
| 18:15 |                                  | Tabata<br>Elisa                  | Muay Thai - Basic<br>Ian      | Bootcamp<br>Petra                | Muay Thai - Basic<br>Ian      | Mobility<br>Sascha    |                       |
| 18:30 | 18.30 - 19.30                    |                                  |                               |                                  |                               |                       |                       |
| 18:45 | Bootcamp<br>Petra                |                                  |                               |                                  |                               |                       |                       |
| 19:00 |                                  | 19.00 - 20.00                    | 19.00 - 20.30                 | 19.00 - 20.00                    | 19.00 - 20.30                 |                       |                       |
| 19:15 |                                  | Bootcamp<br>Bianca               | Muay Thai - All Levels<br>Ian | Mobility<br>Petra                | Muay Thai - All Levels<br>Ian |                       |                       |
| 19:30 |                                  |                                  |                               |                                  |                               |                       |                       |
| 19:45 | 19.45 - 21.15                    |                                  |                               |                                  |                               |                       |                       |
| 20:00 | Old School Boxing<br>Henry Lewis | 20.00 - 21.30                    |                               | 20.00 - 21.30                    |                               |                       |                       |
| 20:15 |                                  | Old School Boxing<br>Henry Lewis |                               | Old School Boxing<br>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 Kursgebühren