

	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 Eva		Body Workout Marvin		Body Fit Sonja				ATOS Vienna BJJ					
08:30		08.30 - 09.30		08.30 - 09.30			08.30 - 10.00		08.30 - 09.30					
08:45		Faszientraining Marvin		Pilates Vanja			BBP/Stretching Sonja		Indoorcycle Sonja					
09:00	09.00 - 10.00				09.00 - 10.00									
09:15	Stretching 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						TRX Alexandra
10:00	10.00 - 11.00						10.00 - 11.00							
10:15	Functional BBP Natascha						Pilates Natascha							
10:30													10.30 - 12.00	
10:45													Yoga Michaela	
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														
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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 - 19.30			18.00 - 19.00	18.00 - 19.30
18:15			IndoorCycle Ianara	Salsa Aerobic Fernando	Hit the Bar Kerem		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		19.00 - 20.30		19.00 - 20.00						
19:15				Bodywork Fernando		ATOS Vienna BJJ		Stretching Fernando						19.10 - 20.10
19:30		19.30 - 21.00											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								06:00
06:15								06:15
06:30								06:30
06:45								06:45
07:00								07:00
07:15								07:15
07:30								07:30
07:45								07:45
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08:45								08:45
09:00								09:00
09:15								09:15
09:30								09:30
09:45								09:45
10:00			10.00 - 11.00					10:00
10:15			Jumping Fitness by AlphaChamp					10:15
10:30								10:30
10:45								10:45
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16:45								16:45
17:00								17:00
17:15								17:15
17:30								17:30
17:45								17:45
18:00		18.00 - 19.00		18.00 - 19.00		18.00 - 19.15		18:00
18:15		Tabata Elisa		TRX - 6pack Sandro		Functional Circuit Sandro		18:15
18:30	18.30 - 19.30							18:30
18:45	Bootcamp Petra							18:45
19:00				19.00 - 20.00	19.00 - 20.30			19:00
19:15				Mobility Sandro	Muay Thai Ian	19.15 - 20.15		19:15
19:30						Stretching Sandro		19:30
19:45	19.45 - 21.15							19:45
20:00	Old School Boxing Henry Lewis	20.00 - 21.30	20.00 - 21.30	20.00 - 21.30				20:00
20:15		Old School Boxing Henry Lewis	Muay Thai Ian	Old School Boxing Henry Lewis				20:15
20:30								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



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