

	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
06:15															06:15
06:30															06:30
06:45															06:45
07:00			07.00 - 08.00		07.00 - 08.00		07.00 - 08.00								07:00
07:15		07.15 - 08.15	AllMountain Ride Markus		Bootcamp Sule		Ride Rudi								07:15
07:30		Combat Tabata Vanja													07:30
07:45															07:45
08:00	08.00 - 09.00					08.00 - 09.00									08:00
08:15	Inferno Ride Katharina	08.15 - 09.15													08:15
08:30		Power Stretch Vanja		08.30 - 09.30	08.30 - 09.30	Pilates Stretch Agnes		08.30 - 09.30		08.30 - 09.30	08.30 - 09.30				08:30
08:45				Pilates Vanja	Mixed Ride Sonja			BodyShape Sonja		Mixed Ride Sonja	Romanas Pilates Sara				08:45
09:00												09.00 - 10.00			09:00
09:15												Endurance Ride Bassem			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 - 11.00	09.30 - 10.30	09:30
09:45		ATOS Vienna BJJ	Functional Basic Vanja	ATOS Vienna BJJ		ATOS Vienna BJJ	Pilates Natascha	ATOS Vienna BJJ				Yoga Carmen	AnimalFlow Samatha	TRX Alexandra	09:45
10:00															10:00
10:15															10:15
10:30												10.30 - 12.30			10:30
10:45			10.30 - 11.30									Bigsmile Competition Academy I			10:45
11:00			Backhealth Natascha		11.00 - 12.00								11.00 - 12.00	11.00 - 12.00	11:00
11:15					Fit ins Alter Mike								ATOS Vienna BJJ Kids	Face Yoga Melanie	11:15
11:30															11:30
11:45															11:45
12:00															12:00
12:15															12:15
12:30												12.30 - 14.30			12:30
12:45												Bigsmile Competition Academy II			12:45
13:00															13:00
13:15															13:15
13:30															13:30
13:45															13:45
14:00															14:00
14:15															14:15
14:30															14:30
14:45															14:45
15:00															15:00
15:15															15:15
15:30															15:30
15:45															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		16:00
16:15	Bigsmile HipHop Kids		Bigsmile HipHop Kids	ATOS Vienna BJJ Kids	Bigsmile HipHop Kids		ATOS Vienna BJJ Kids	HIT Fatburning Laura					FullBody PowerBar Melissa		16:15
16:30															16:30
16:45															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	17.00 - 18.00	17:00
17:15	Bigsmile HipHop Teens		Bigsmile HipHop Teens	ATOS Vienna BJJ Kids	Bigsmile HipHop Teens	Face Yoga Melanie		ATOS Vienna BJJ Kids	Backhealth Michaela	TRX Elisa			UpTown Ride Melissa	Bigsmile	17:15
17:30		17.30 - 18.30													17:30
17:45		TRX Ianara													17:45
18:00	18.00 - 18.30		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 - 19.00	18.00 - 20.00			18.00 - 19.30	18:00
18:15	BackHealth		Beat Ride Ianara	Dance Work Fernando	Performance Ride Bassem	Yoga Michaela	AnimalFlow Sascha	BodyAttack Fernando	Yoga Michaela		ATOS Vienna BJJ			Yoga Michaela	18:15
18:30	18.30 - 19.30		18.30 - 19.30												18:30
18:45	Yoga Carmen		Romanas Pilates Sara												18:45
19:00			19.00 - 20.00	19.00 - 20.00				19.00 - 20.00	19.00 - 20.00						19:00
19:15			Yogalates Ianara	Strong Body Fernando				Yogalates Fernando	Bigsmile						19:15
19:30		19.30 - 21.00			19.15 - 20.15		19.30 - 21.00								19:30
19:45	19.45 - 20.45		ATOS Vienna BJJ		TösöX Ulli		ATOS Vienna BJJ								19:45
20:00			20.00 - 21.00					20.00 - 21.00							20:00
20:15			Bigsmile	20.15 - 21.45	20.15 - 21.15			Bigsmile		20.15 - 21.45					20:15
20:30				ATOS Vienna BJJ	Bigsmile					ATOS Vienna BJJ					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

	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	
10:15						Bootcamp 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 Süle	
17:30	17.30 - 18.30						
17:45	BootyLuv Petra	18.00 - 19.00	18.00 - 19.00	18.00 - 19.00	18.00 - 19.00	18.00 - 18.30 Mobility Stretching	
18:00		Tabata Elisa	Muay Thai - Basic Ian	Bootcamp Petra	Muay Thai - Basic Ian		
18:15	18.30 - 19.30						
18:45	Bootcamp Petra	19.00 - 20.00	19.00 - 20.30	19.00 - 20.00	19.00 - 20.30		
19:00		Bootcamp Bianca	Muay Thai - All Levels Ian	Mobility Petra	Muay Thai - All Levels Ian		
19:15							
19:30	19.45 - 21.15	20.00 - 21.30		20.00 - 21.30			
19:45	Old School Boxing Henry Lewis	Old School Boxing Henry Lewis		Old School Boxing Henry Lewis			
20:00							
20:15							
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