

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG		
	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 Ride						
06:30									
06:45									
07:00					07.00 - 08.00				
07:15		07.15 - 08.15	07.15 - 08.15		Ride Rudi				
07:30		Combat Tabata Vanja	AllMountain Ride Markus						
07:45									
08:00	08.00 - 09.00			08.00 - 09.00					
08:15	Inferno Ride Katharina	08.15 - 09.15							
08:30		Power Stretch Vanja	08.30 - 09.30	08.30 - 09.30	Pilates Stretch Agnes	08.30 - 09.30	08.30 - 09.30		
08:45			Pilates Vanja	Mixed Ride Sonja		BodyShape Sonja	Mixed Ride Sonja	Romanas Pilates 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 - 11.00	09.30 - 11.00	09.30 - 10.30	
09:45		ATOS Vienna BJJ	Functional Basic Vanja	ATOS Vienna BJJ	ATOS Vienna BJJ	BackHealth Natascha	ATOS Vienna BJJ	TRX Alexandra	
10:00								10.00 - 11.00	
10:15								Yoga Carmen	
10:30			10.30 - 11.30				10.30 - 12.30		
10:45			BackHealth Natascha				BigMile Competition Academy I		
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							12.30 - 14.30		
12:45							BigMile Competition Academy II		
13:00									
13:15									
13:30									
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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	
16:15	BigMile HipHop Kids		BigMile HipHop Kids	ATOS Vienna BJJ Kids	BigMile HipHop Kids	ATOS Vienna BJJ Kids	HIT Fatburning Laura	FullBody PowerBar 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	
17:15	BigMile HipHop Teens		BigMile HipHop Teens	ATOS Vienna BJJ Kids	BigMile HipHop Teens	ATOS Vienna BJJ Kids	BackHealth Michaela	TRX Elisa	
17:30		17.30 - 18.30							
17:45		TRX 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 - 20.00	
18:15			Beat Ride Ianara	Dance Work Fernando	FullBody PowerBar Cristina	Yoga Michaela	Beat Ride Katharina	Yoga Michaela	ATOS Vienna BJJ
18:30		18.30 - 19.30							
18:45		Romanas Pilates Sara							
19:00			19.00 - 20.00	19.00 - 20.00					
19:15			Yogalates Ianara	Strong Body Fernando	19.15 - 20.15		19.00 - 20.00	19.00 - 20.00	
19:30		19.30 - 21.00			TösöX Ulli	19.30 - 21.00	EarlyBirds Ride	Yogalates Fernando	BigMile
19:45	19.45 - 20.45	ATOS Vienna BJJ				ATOS Vienna BJJ			
20:00			20.00 - 21.00						
20:15			BigMile	20.15 - 21.45	20.15 - 21.15				
20:30				ATOS Vienna BJJ	BigMile				
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21:45									
22:00									

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