

GROUP FITNESS



MONTAG

Zeit	Stunde	Saal
09:00-09:50	Strong Back	1
09:00-09:50	Cardio Toning	2
10:00-12:00	Astanga Yoga	1
10:00-10:25	ABS-Attack	2
10:30-12:00	Caribbean Dance	2
14:00-14:30	M.A.X.	1
14:30-15:00	Core & Floor	1
15:00-15:15	Stretch & Relax	1
17:30-18:20	Cardio Toning	1
18:00-18:25	ABS-Attack	2
18:30-19:20	Pump It Up	1
18:30-19:20	Strong Back	2
18:20-18:40	Aqua XL	Pool
18:40-19:20	Aqua Fitness	Pool
19:30-20:20	Pilates	2
19:30-20:30	Cycling Cross Country	3
19:30-20:00	Box-Intro	1
20:00-21:00	Fit Boxing	1

DIENSTAG

Zeit	Stunde	Saal
09:00-10:15	Pilates Power	1
09:00-10:15	Cardio Toning	2
10:30-12:00	Astanga Intro	1
10:30-11:20	Zumba	2
10:30-11:30	HIT Cycling	3
10:30-11:10	Aqua Fitness	Pool
11:10-11:30	Aqua XL	Pool
17:00-17:50	Back Health	1
17:30-18:20	Salsa	2
18:00-18:25	CORE	1
18:00-18:20	Aqua XL	Pool
18:20-19:00	Aqua Fitness	Pool
18:30-19:20	Body Sculpt + Stretch	1
19:00-20:00	Cycling Challenge	3

MITTWOCH

Zeit	Stunde	Saal
09:00-09:50	M.A.X. & Sculpt	1
09:50-10:15	Core & Floor	1
10:30-11:30	Antara®	1
10:30-12:00	Ayur Yoga	2
11:30-11:55	Stretch & Relax	1
12:00-12:50	BeBo®	2
12:00-12:20	Aqua XL	Pool
12:20-13:00	Aqua Fitness	Pool
18:00-19:15	Power Circle XL	1
18:00-18:50	Strong Back	2
19:00-19:25	ABS-Attack	2
19:30-20:30	Thai Boxing	1
19:30-20:20	Pump It Up	2
20:30-20:55	ABS-Attack	1

DONNERSTAG

Zeit	Stunde	Saal
09:00-10:15	Power Circle XL	1
09:00-09:50	Back & Stretch	2
09:00-10:00	Fatburning Cycling	3
10:05-10:30	CORE	2
10:30-11:20	Pilates	1
10:30-11:10	Aqua Fitness	Pool
10:45-12:00	Latin Mix	2
18:00-18:50	Cardio Toning	1
18:00-18:50	Dance Groove	2
19:00-19:25	CORE	1
19:00-20:30	Fusion Yoga	2

FREITAG

Zeit	Stunde	Saal
08:45-10:15	Astanga Yoga	2
09:00-09:50	Pump It Up	1
10:00-10:25	ABS-Attack	1
10:30-11:20	Back Health	1
10:30-11:20	Body Sculpt	2
10:30-11:30	Interval Cycling 60'	3
11:30-12:10	Aqua Fitness	Pool
17:00-17:50	Body Sculpt	1
18:00-18:50	Pilates Power	1

SAMSTAG

Zeit	Stunde	Saal
09:00-10:30	Traditional Astanga Yoga	2
09:00-09:40	Aqua Fitness	Pool
10:00-10:50	Cardio Toning	1
10:50-11:15	Core & Floor	1

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Gültig ab 06.07.2020
neu im Programm = rot

SONNTAG

Zeit	Stunde	Saal
09:30-10:20	Strong Back	1
10:30-11:20	Body Sculpt	1
11:20-11:45	Core & Floor	1
18:00-18:50	Body Sculpt	2
19:00-19:25	CORE	2
18:30-20:00	Astanga Yoga	1
19:30-20:10	Cycling CrossCountry	3

INFORMATION

Feiertagsprogramm: 09:30 Strong Back/
10:30 Body Sculpt/ 11:20 Core & Floor
18:00 Body Sculpt/ 18:30 Astanga Yoga/
19:00 Core/ 19:30 Cycling Cross Country

Wegen Urlaub oder Krankheit eines
Trainers kann es zu kurzfristigen Änderungen
kommen. Information am TV-Screen.

Im Saal Handtuchpflicht & Indoorschuhe!
Gruppenstunden ab drei Teilnehmern
Während der Kurse gilt absolutes Handyverbot!