



GROUP FITNESS

MONTAG

Zeit	Stunde	Level	Studio
08:00-08:50	Strong Back	1-2	1
09:00-09:25	Core	1-2	1
09:30-10:30	Fitness Circle	1	Lady
09:30-10:30	Soul Cycling		Spin
09:30-10:20	Super Sculpt	2	1
09:30-11:15	Trad. Astanga Yoga	2	2
10:30-11:20	Pilates Circle	2	1
10:30-11:10	Aqua Fitness		Pool
11:45-12:45	BackHealth & Stretch	1	1
13:00-13:40	Aqua Fitness		Pool
14:00-14:55	Latin Mix	1-2	1
17:00-17:50	Functional Fit	1-2	1
18:00-18:50	TABATA	2	1
18:00-18:50	Strong Back	1-2	2
18:30-19:25	Indoor Cycling		Spin
19:00-19:50	Body Sculpt	1-2	1
19:00-20:30	Yoga Basics	1	2

DIENSTAG

Zeit	Stunde	Level	Studio
07:15-09:00	Trad.Astanga Yoga	1-2	2
08:30-09:20	Antara	1-2	1
09:30-10:30	PUMP it up	2	1
09:30-10:45	Back Qi Gong	1-2	2
09:30-10:25	Indoor Cycling		Spin
10:30-10:55	Core	2	1
11:00-11:50	Ballett Flow	1-2	1
11:00-11:40	Aqua Fitness		Pool
11:00-12:30	Flow Yoga	1-2	2
12:00-13:15	Back Health	1	1
17:00-17:50	Body Toning	1-2	1
18:00-18:25	ABS Attack	2	1
18:00-18:50	Pilates	1-2	2
18:30-19:45	Thairobix Cardio	2	1
18:30-19:25	Indoor Cycling		Spin
19:00-20:30	Astanga Yoga	2	2
19:30-20:25	Indoor Cycling		Spin

MITTWOCH

Zeit	Stunde	Level	Studio
08:00-09:30	AstangaVinyasaYoga	1-2	2
08:30-09:20	Mobility & Strength	2	1
09:30-10:20	Cardio Toning & Step	2-3	1
09:30-10:20	Body in Balance	1	2
09:30-10:30	Fitness Circle	1	Lady
10:30-11:20	Pilates Flow	2	1
10:30-11:55	Core	1-2	2
10:30-11:10	Aqua Fitness		Pool
10:30-11:45	Indoor Cycling 75'		Spin
11:30-12:20	Strong Back	1-2	1
11:30-12:10	Aqua Fitness		Pool
17:00-17:50	Body Sculpt	1-2	1
18:00-18:50	Strong Back	1-2	1
18:00-19:00	Pure Athletic	2	Perf.Room
18:30-19:25	Indoor Cycling		Spin
19:00-20:30	Ballroom Dancing	Anmeldung!	1
19:00-20:30	Flow Yoga	1-2	2

DONNERSTAG

Zeit	Stunde	Level	Studio
07:30-08:30	PUMP it up	1	1
08:30-08:55	5 Tibeter	1	1
09:00-09:50	Core &Stretch	1-2	1
09:00-09:55	Soul Cycling		Spin
09:30-11:00	Astanga Yoga	1-2	2
09:30-10:30	Fitness Circle	1	Lady
10:00-10:50	H.I.I.T.	2	1
10:30-11:10	Aqua Fitness		Pool
11:00-11:50	Zumba Gold	1	1
11:30-13:00	Qi Gong	1-2	2
18:00-18:50	ThairobixTechnique	2	1
18:00-19:25	Yinyasa Yoga	1-2	2
18:30-19:25	Indoor Cycling		Spin
19:00-19:25	ABS Attack	1-2	1
19:30-20:20	Oriental Dance	1	1

FREITAG

Zeit	Stunde	Level	Studio
08:30-09:30	PUMP it up	2	1
08:30-09:20	Strong Back	2	2
09:30-10:20	BeBo® & CORE	1	1
09:30-10:20	Mattenpilates	1-2	2
09:30-10:45	Indoor Cycling 75'		Spin
10:30-11:20	Aqua Fitness		Pool
10:30-11:20	Body Sculpt	1-2	1
10:30-12:00	Astanga Basic*	1	2
11:30-12:20	Latin Mix	1-2	1
11:30-12:10	Aqua Fitness		Pool
16:30-17:00	CORE	1-2	1
17:00-17:50	Body Sculpt	2	1
18:00-18:55	Indoor Cycling		Spin
18:30-20:15	Astanga Yoga	1-2	2

SAMSTAG

Zeit	Stunde	Level	Studio
09:00-09:55	Indoor Cycling		Spin
10:00-10:50	Mattenpilates	1-2	2
10:00-10:50	Body Sculpt	1-2	1
11:00-12:15	Thairobix Combo	2	1
11:00-12:30	Flow Yoga	1-2	2
16:00-16:55	Indoor Cycling		Spin
16:30-17:20	H.I.I.T.	2	1
17:00-17:55	Indoor Cycling		Spin
17:30-18:20	Pilates	1-2	1

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SONNTAG

Zeit	Stunde	Level	Studio
09:30-10:20	Strong Back	1-2	1
09:30-10:25	Indoor Cycling	1-2	Spin
10:30-11:25	Indoor Cycling	1-2	Spin
10:30-11:45	CardioToning mit Step & CORE	2	1
15:00-17:00	Play& Fun Corner	Kinderkurs	2
16:30-18:00	Squash& Functional	Kinderkurs	Squash
17:30-17:55	CORE	1-2	1
18:00-18:50	Body Sculpt	1-2	1
18:00-19:30	Astanga Yoga	1-2	2
18:00-19:15	Indoor Cycling 75'		Spin

Gültig ab 02.03.2020

neu im Programm = rot

INFORMATION

Geräte Pilates/Fitboxen/Pr.Klettern: auf Anfrage

Feiertagsprogramm:
09:30 IndoorCycling/10:30 BodySculpt&Stretch75'
17:30 CORE/18.00 BodySculpt/18:00 Cycling

Bitte beachten Sie den Wochenplan am TV-Screen
Es kann wg. Urlaub oder Krankheit eines Trainers kurzfristig zu Änderungen kommen.
Bitte tragen Sie Indoorschuhe und benützen Sie immer ein Handtuch.

Stunden finden ab drei Teilnehmern statt!
Während der Kurse gilt absolutes Handyverbot!
Wir empfehlen ausreichend Flüssigkeitsaufnahme.

* INTRO-WS jeden 1. Freitag im Monat