

# Stundenplan ab 09.01.2018 im Gym

	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														
07:00														
08:00			07:00 Indoorcycle Markus				07:00 Indoorcycl Rudi							
08:30	08:00 Indoorcycle Su				08:00 Bodywork Katja		08:30 BBP/ Stretching 90.Min Sonja			08:30 Backhealth Katja				
09:00		09:00 Yoga Su	08:30 Pilates Lola	08:45 TRX Marika					08:50 Indoorcycle Sonja	09:30 Mobolity Flow Mario		09:00 TRX * Clemens/ Ianara		09:30 TRX * Ianara
10:00	10:00 Fit n.d. Geburt 1 Greta	10:00 TRX Lana	09:30 Backhealth Lola	10:00 Fit n.d. Geburt 3 Greta	10:00 Fit n.d. Geburt 1 Greta	10:00 TRX Rebecca	10:00 Fit n.d. Geburt 3 Ianara	10:00 Bodyflying * Fortgesch. 11:00 Fit n.d. Geburt 3 Ianara	10:00 Reinigung LesMills Bodypump Sonja		10:00 Caribian Groove Bigs Mile		10:00 Born to Move Bigs Mile	10:00 Reinigung
11:00	11:30 Fit n.d. Geburt 2 Greta				11:30 Fit n.d. Geburt 2 Greta	11:00 Fit ins Alter Mike					11:00 Hip Hop Comi. Bigs Mile	11:00 Streetdance B Bigs Mile	11:00 Born to Move Bigs Mile	10:45 Yoga Su
12:00											12:00 Streetdance Teens Bigs Mile	12:00 Stretching		90.Minuten
13:00														
14:00														
15:00														
16:00														
16:30	16:30 Hip Hop Kids Bigs Mile 5-7 Jahre	16:30 Born to move Bigs Mile 8-12 Jahre		16:00 Bodyflying *	16:00 Hip Hop Kids Bigs Mile		16:30 Kids Compi. Bigs Mile	16:30 Teens Compi. Bigs Mile						
17:00	17:30 Yoga- Pilates	17:30 TRX * Greta	16:30- 17:50 Kids Dance Crew BigsMile	17:00 Kids Dance Crew Bigs Mile	17:00 Hip Hop Teens Bigs Mile	17:00 Break Teens Bigs Mile	17:50 Kids Compi. Bigs Mile	17:50 Teens Compi. Bigs Mile	17:00 Backhealth Michaela	17:00 TRX * Marika				
18:00	18:30 LesMills Bodypump		18:00 Indoorcycle *	18:00 Salsa-Aerobic	18:00 LesMills Bodypump	18:30 Jazz 90.Min BigsMile	18:00 Indoorcycl e*	18:00 BBP	18:00 Urban Styles		18:00 Reinigung		18:00 Yoga	
18:30		Reinigung												
18:45														
19:00	* Ianara	18:45 Backhealth	Su	Fernando	* Sonja	Jazz 90.Min BigsMile	Su	Fernando	BigsMile 90.Min	18:15 Yoga				18:00 Michaela
19:15			Reinigung 10 - 15 Minuten				Reinigung 10 - 15 Minuten							
19:30			19:05 Yoga Flow	19:15 Bodywork	19:00 Dance Hall	20:00 Bodyflying * CAT	19:05 Yoga Bodywork Su	19:15 Stretching Fernando		19:15 Michaela				
19:45	19:30 Hip Hop BigsMile	19:45 Latin Groove BigsMile			BigsMile				19:30 Caribian BigsMile	19:15 Bodyflying * CAT				
20:00			Fernando	Su	20:00 Stepdance									
20:15			20:15 Hip Hop BigsMile 90. Min	20:15 TRX * Sandro			20:15 DanceHall BigsMile	20:15 Hip Hop BigsMile						
20:30	20:30 DanceHall BigsMile													
20:45														
21:00														
22:00														

ÖFFNUNGSZEITEN:

\* = Anmeldung erforderlich

**MO-DO:**

8:00-22:00 h (Einlass 6:00 h)

**FR:**

8:00-21:00 h (Einlass 6:00 h)

**SA,SO&FT:**

9:00-21:00 h (Einlass 8:00 h)

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frei für Malu Mitglieder

Kursgebühr

Tanz / mit BigsMile MG oder Block

### Stundenplan ab 08.01.2018 Turnhalle

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06:00	Turnhalle	Turnhalle	Turnhalle	Turnhalle	Turnhalle	Turnhalle	Turnhalle
07:00							
08:00							
09:00			9:00 - 10:00 Functional Circuit Marika				
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00	16:30 - 17:30 Kinderboxen BigsMile	17:00 - 18:00 Physioball Eva					
18:00							
19:00	18:30 - 19:30 Fitness Challenge BigsMile 19:45 - 20:45	19:00 - 20:00 Tabata mit Ianara	19:00 - 20:00 Fitness Challenge		18:00 - 19:00 Fitness Challenge BigsMile	18:00 - 19:00 Functional Circuit	
20:00	Boxen Dalibor	20:00 - 21:30 White Collar Boxen Milan	BigsMile 20:00 - 21:30 Thaiboxen Dalibor		19:00 - 20:30 Boxen Dalibor	Sandro	
21:00							
22:00							