



GROUP FITNESS

MONTAG

Zeit	Stunde	Studio
08:00-08:50	Strong Back	1
08:30-09:20	Soul Cycling	Spin
09:00-09:20	Core	1
09:30-10:30	Fitness Circle	Lady
09:30-10:25	Soul Cycling	Spin
09:30-10:20	Super Sculpt	1
09:30-11:15	Trad. Astanga Yoga	2
10:30-11:20	Pilates Circle	1
10:30-11:10	Aqua Fitness	Pool
11:45-12:35	BackHealth & Stretch	1
13:00-13:40	Aqua Fitness	Pool
17:30-17:50	ABS Attack	1
18:00-18:50	TABATA	1
18:00-18:50	Strong Back	2
19:00-19:50	Body Sculpt	1
19:00-20:00	Yoga Basics	2

DIENSTAG

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

MITTWOCH

Zeit	Stunde	Studio
08:00-09:20	AstangaVinyasaYoga	2
08:30-09:20	Mobility & Strength	1
09:30-10:20	Cardio Toning & Step	1
09:30-10:20	Body & Mind	2
09:30-10:30	Fitness Circle	Lady
10:30-11:20	Pilates Flow	1
10:30-11:10	Aqua Fitness	Pool
10:30-11:45	Indoor Cycling 75'	Spin
12:00-12:40	Aqua Fitness	Pool
17:00-17:50	Body Sculpt	1
17:30-18:50	Flow Yoga	2
18:00-18:50	Strong Back	1
18:00-18:55	Indoor Cycling	Spin
19:00-19:50	Latin Mix	2

DONNERSTAG

Zeit	Stunde	Studio
07:30-08:20	PUMP it up	1
08:30-08:50	5 Tibeter	1
09:00-09:50	Cardio Toning	1
09:00-09:50	Soul Cycling	Spin
09:30-11:00	Astanga Yoga	2
10:00-10:50	Strong Back	1
10:30-11:10	Aqua Fitness	Pool
11:00-11:50	Zumba Gold	1
11:30-13:00	Qi Gong	2
18:00-18:50	Thairobox Technique	1
18:00-19:30	Yinyasa Yoga	2
18:30-19:25	Indoor Cycling	Spin
19:00-19:20	ABS Attack	1
19:30-20:20	Dance Fusion	2

FREITAG

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

SAMSTAG

Zeit	Stunde	Studio
09:00-09:55	Indoor Cycling	Spin
10:00-10:50	Mattenpilates	2
10:00-10:50	Body Sculpt	1
11:00-12:15	Thairobox Combo	1
11:00-12:30	Flow Yoga	2
16:00-16:50	Indoor Cycling	Spin
17:00-17:55	Indoor Cycling	Spin

rot= neu im Programm

Gültig ab 20.10.2021

SONNTAG

Zeit	Stunde	Studio
09:30-10:20	Strong Back	1
09:30-10:20	Indoor Cycling	Spin
10:30-11:30	Cardio Toning & Step	1
10:30-11:25	Indoor Cycling	Spin
10:30-12:00	Meditation & Achtsamkeit	2
17:30-17:50	CORE	1
18:00-18:50	Body Sculpt	1
18:00-18:55	Indoor Cycling	Spin
18:00-19:30	Astanga Yoga	2

www.manhattan.at

INFORMATION

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

Wg. Urlaub oder Krankheit unserer Trainer*innen kann es zu kurzfristigen Änderungen kommen. Information am TV-Screen.

Im Saal Handtuchpflicht & Indoorschuhe!
 Gruppenstunden ab drei Teilnehmer*innen.
 Während der Kurse gilt absolutes Handyverbot!

* INTRO-WS jeden 1. Freitag im Monat