

# 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
10:00-10:20	ABS-Attack	2
10:30-12:00	Caribbean Dance	2
<b>14:00-15:15</b>	<b>M.A.X. &amp; more</b>	<b>1</b>
18:00-18:20	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
19:30-21:00	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
<b>17:00-17:50</b>	<b>Back Health</b>	<b>1</b>
<b>17:30-18:20</b>	<b>Salsa</b>	<b>2</b>
18:00-18:20	CORE	1
18:30-19:20	Body Sculpt & Stretch	1
19:30-21:00	Vinyasa Flow Yoga	1
<b>18:30-19:20</b>	<b>Shaolin Gong Fu</b>	<b>2</b>
<b>19:30-20:30</b>	<b>Shaolin Tai Chi</b>	<b>2</b>

## MITTWOCH

Zeit	Stunde	Saal
09:00-10:15	M.A.X. & Core	1
<b>09:00-10:20</b>	<b>Meditation &amp; Achtsamkeit</b>	<b>2</b>
10:30-11:45	Antara® & Stretch	1
10:30-11:50	Ayur Yoga	2
<b>12:00-12:50</b>	<b>BeBo</b>	<b>2</b>
12:00-12:20	Aqua XL	Pool
12:20-13:00	Aqua Fitness	Pool
<b>17:00-17:50</b>	<b>Hula Fit</b>	<b>1</b>
18:00-19:15	Power Circle XL	1
18:00-18:50	Strong Back	2
18:00-19:00	Pure Athletic	Fitness
18:30-19:20	Group Cycling	3
19:00-19:20	ABS-Attack	2
19:30-21:00	Thai Boxing	1
19:30-20:20	Pump It Up	2

## 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
<b>10:05-10:30</b>	<b>Core</b>	<b>2</b>
10:30-11:10	Aqua Fitness	Pool
10:45-12:00	<b>Latin Hula Mix</b>	<b>2</b>
<b>17:00-17:20</b>	<b>Aqua XL</b>	<b>Pool</b>
<b>17:20-18:00</b>	<b>Aqua Fitness</b>	<b>Pool</b>
18:00-18:50	Cardio Toning	1
18:00-18:50	Zumba	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
10:00-10:20	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
<b>16:45-18:00</b>	<b>Antara® &amp; Stretch</b>	<b>2</b>
<b>17:00-17:50</b>	<b>Body Sculpt</b>	<b>1</b>
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
10:00-11:15	Cardio Toning & CORE	1
<b>16:00-17:15</b>	<b>All U Can Dance</b>	<b>1</b>

## SONNTAG

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

## INFORMATION

Feiertagsprogramm: 09:30 Strong Back/  
10:30 Body Sculpt & Core 75'  
18:00 Body Sculpt/ 18:30 Astanga Yoga/  
19:00 Core

**Wegen Urlaub oder Krankheit unserer  
Trainer\*innen kann es zu kurzfristigen  
Änderungen kommen. Info am TV-Screen.**  
Im Saal Handtuchpflicht & Indoorschuhe!  
Gruppenstunden ab **drei** Teilnehmern  
Während der Kurse gilt absolutes Handyverbot!

**Gültig ab 18.10.2021  
neu im Programm = rot**

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