



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
17:30-18:20	Energy Step	1
18:00-18:25	ABS-Attack	2
18:30-19:20	Power Lift	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
17:00-17:50	Back Health	1
18:00-18:25	Core	1
18:30-19:20	Body Sculpt & Stretch	1
19:00-19:50	Shaolin Tai Chi	2
20:00-20:25	Shaolin Kung Fu	2
19:30-21:00	Vinyasa Flow Yoga	1

MITTWOCH

Zeit	Stunde	Saal
09:00-10:15	M.A.X. & Core	1
10:30-11:45	Antara@ & Stretch	1
10:30-11:55	Ayur Yoga	2
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	1
18:00-18:50	Strong Back	2
18:00-18:50	Pure Athletic *	Fitness
18:00-18:50	Group Cycling	3
19:00-19:55	Group Cycling	3
19:00-19:25	ABS-Attack	2
19:30-21:00	Fit Boxing	1
19:30-20:20	Power Lift	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
10:05-10:30	Core	2
10:30-11:10	Aqua Fitness	Pool
10:45-12:00	Line Dance	2
17:00-17:50	Strong Back	1
17:00-17:40	Aqua Fitness	Pool
18:00-18:50	Cardio Toning	1
17:45-18:45	Knock Out Boxing *	Box Lounge
18:00-18:50	Oriental Dance	2
18:00-18:50	Group Cycling	3
19:00-19:25	Core	1
19:00-20:30	Fusion Yoga	2

*Anmeldung an der Fitness- Rezeption

FREITAG

Zeit	Stunde	Saal
08:45-10:15	Astanga Yoga	2
09:00-09:50	Power Lift	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
10:00-10:25	Step Cardio	1
10:30-11:20	Body Toning	1
16:00-17:15	All U Can Dance	1

Gültig ab 23.01.2023
neu im Programm = rot

SONNTAG

Zeit	Stunde	Saal
09:30-10:20	Strong Back	1
10:30-11:45	Body Sculpt & Core	1
17:00-17:50	Dance Fusion	1
18:00-18:50	Pilates Power	2
19:00-19:25	Core	2
18:30-20:00	Astanga Vinyasa Yoga	1

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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 der
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!