Manhattan Club

Timetable Club Club-vienna

Last update 27.07.2024
www.manhattan.at

MONDAY

08:00-08:50 **Back Health**	Studio 1
08:30-09:30 **Spinning** [1]	Spin
09:00-09:25 **Mobility**	Studio 1
09:30-10:30 **Fitness Circle**	Lady
09:30-10:30 **Spinning** [1]	Spin
09:30-10:20 **Bodyshape**	Studio 1
09:30-11:00 **Astanga Yoga**	Studio 2
10:30-11:20 **Pilates**	Studio 1
11:45-12:35 **Aqua Fitness**	Studio 1
13:00-13:40 **Back Health**	Pool
17:00-17:50 **Aqua Fitness**	Studio 1
18:00-18:50 **Back Health**	Studio 1
19:00-20:30 **Bodyshape**	Studio 2

TUESDAY

08:30-09:20 **Antara**	Studio 1
09:30-10:20 **Power Lift**	Studio 1
09:30-10:20 **Back Health Qi Gong**	Studio 2
10:30-10:55 **Core**	Studio 1
11:00-11:40 **Aqua Fitness**	Pool
11:00-12:30 **Vinyasa Yoga** [3]	Studio 2
12:00-12:50 **Mobility**	Studio 1
18:00-18:25 **Sixpack**	Studio 1
18:30-19:45 **Thairobix**	Studio 1
18:00-19:00 **Spinning** [1,3]	Spin
19:00-20:30 **Astanga Yoga**	Studio 2
19:00-20:00 **Spinning** [1,3]	Spin

WEDNESDAY

08:00-09:30 **Astanga Yoga**	Studio 2
09:30-10:30 **Fitness Circle**	Lady
09:30-10:20 **Body Shape & Step**	Studio 1
09:30-10:20 **Back Health**	Studio 2
10:30-11:20 **Pilates**	Studio 1
10:30-11:10 **Aqua Fitness**	Pool
10:30-11:45 **Spinning** [1]	Spin
11:50-12:30 **Aqua Fitness**	Pool
17:00-17:50 **Bodyshape**	Studio 1
17:30-18:20 **Latin Dance**	Studio 2
18:00-19:00 **Pure Athletic** [2]	Fitness

THURSDAY

07:30-08:20 **Power Lift**	Studio 1
08:30-08:50 **5 Tibeter**	Studio 1
09:00-10:00 **Spinning+** [1]	Spin
09:30-09:55 **Core**	Studio 1
09:30-11:00 **Astanga Yoga**	Studio 2
10:00-10:50 **Back Health**	Studio 1
11:00-11:40 **Aqua Fitness** [3]	Pool
11:00-11:50 **Zumba Gold** [3]	Studio 1
18:00-19:30 **Yin Yoga** [3]	Studio 2
18:00-18:50 **Thairobix**	Studio 1
19:00-19:25 **Sixpack**	Studio 1

FRIDAY

08:30-09:20 **Power Lift**	Studio 1
09:30-10:20 **Beckenboden**	Studio 1
09:30-10:20 **Pilates**	Studio 2
09:30-10:45 **Spinning** [1]	Spin
10:30-11:10 **Aqua Fitness**	Pool
10:30-11:20 **Bodyshape**	Studio 1
10:30-12:00 **Astanga Yoga**	Studio 2
16:30-16:55 **Core**	Studio 1
17:00-17:50 **Bodyshape**	Studio 1

SATURDAY

10:00-10:50 **Bodyshape**	Studio 2
10:00-10:50 **Thairobix**	Studio 1
11:00-12:15 **Thairobix**	Studio 1

SUNDAY

09:30-10:45 **Spinning** [1]	Spin
09:30-10:20 **Back Health**	Studio 1
10:30-11:20 **Bodyshape & Step**	Studio 1
17:30-17:55 **Core**	Studio 1
18:00-18:50 **Bodyshape**	Studio 1
18:00-19:30 **Astanga Yoga**	Studio 2

HOLIDAY

09:30-10:30 **Spinning** [1]	Spin
10:30-11:45 **Bodyshape & Stretch**	Studio 1
17:30-17:55 **Core**	Studio 1
18:00-18:50 **Bodyshape**	Studio 1

MONDAY

09:00-09:50 **Back Health**	Studio 1
09:00-09:50 **Bodyshape**	Studio 2
10:00-11:30 **Yin Yoga**	Studio 1
10:00-10:25 **Sixpack**	Studio 2
10:30-11:20 **Latin Dance**	Studio 2
18:00-18:25 **Sixpack**	Studio 2
18:30-19:20 **Power Lift** [3]	Studio 1
18:30-19:20 **Back Health**	Studio 2
18:20-19:20 **Aqua Fitness**	Pool
19:30-20:20 **Pilates**	Studio 2
19:30-20:30 **Spinning** [1]	Spin

TUESDAY

09:00-10:15 **Pilates**	Studio 1
09:00-10:15 **Bodyshape**	Studio 2
10:30-12:00 **Astanga Yoga**	Studio 1
10:30-11:20 **Zumba®**	Studio 2
10:30-11:30 **Spinning** [1]	Spin
10:30-11:30 **Aqua Fitness**	Pool
17:00-17:50 **Back Health**	Studio 2
18:00-18:25 **Core**	Studio 2
18:30-19:20 **Bodyshape & Stretch**	Studio 2
19:00-20:30 **Vinyasa Yoga** [3]	Studio 1

WEDNESDAY

09:00-10:15 **M.A.X.®**	Studio 1
10:30-11:20 **Antara®**	Studio 1
11:30-11:55 **Mobility**	Studio 1
10:30-11:55 **Yoga**	Studio 2
12:00-12:50 **Pelvic floor**	Studio 2
12:00-13:00 **Aqua Fitness**	Pool
18:00-19:15 **Dance & Chorea**	Studio 1
18:00-18:50 **Back Health**	Studio 2
18:00-18:50 **Pure Athletic** [2]	Fitness
18:00-18:55 **Spinning** [1,3]	Spin
19:00-19:55 **Spinning** [1,3]	Spin

THURSDAY

09:00-10:15 **Fitness Circle**	Studio 1
09:00-09:50 **Back Health**	Studio 2
09:00-10:00 **Spinning** [1]	Spin
10:05-10:30 **Core**	Studio 2
10:30-11:30 **Line Dance**	Pool
17:00-17:45 **Aqua Fitness** [2]	Fitness
17:00-18:00 **Pure Mobility**	Pool
18:00-18:50 **Aqua Fitness**	Studio 1
19:00-19:25 **Boxing**	Studio 1
19:00-20:30 **Spinning**	Studio 2

19:30-20:45 **Fit Boxing**	Studio 1

19:00-19:25 **Sixpack**	Studio 2
19:30-20:20 **Power Lift**	Studio 2
19:30-20:45 **Fit Boxing**	Studio 1

FRIDAY

08:45-10:15 **Astanga Yoga** [3]	Studio 2
09:00-09:50 **Power Lift**	Studio 1
10:00-10:25 **Sixpack**	Studio 1
10:30-11:20 **Back Health**	Studio 1
10:30-11:20 **Bodyshape**	Studio 2
10:30-11:30 **Spinning** [1]	Spin
11:30-12:10 **Aqua Fitness**	Pool
17:00-17:50 **Bodyshape**	Studio 1
18:00-18:50 **Pilates**	Studio 1

SATURDAY

09:00-10:30 **Astanga Yoga**	Studio 2
09:00-09:40 **Aqua Fitness**	Pool
10:00-10:25 **Step Cardio**	Studio 1
10:30-11:20 **Bodyshape**	Studio 1

SUNDAY

09:30-10:20 **Back Health**	Studio 1
10:30-11:45 **Bodyshape & Core**	Studio 1
17:30-17:55 **Sixpack**	Studio 2
18:00-18:50 **Pilates**	Studio 2

HOLIDAY

09:30-10:20 **Back Health**	Studio 1
10:30-11:45 **Bodyshape & Core**	Studio 1
18:00-18:50 **Bodyshape**	Studio 2
18:30-20:30 **Astanga Yoga**	Studio 1
19:00-19:25 **Core**	Studio 2

Please note the special course program on holidays!

1 Registration at the reception
2 Registration at the fitness reception