

3. ACTIVE DAYS im MANHATTAN SÜD

LERNEN SIE MANHATTAN FITNESS KENNEN UND LIEBEN!

Anmeldung für Nicht-Mitglieder per Email beratung.sued@manhattan.at oder Tel. 02236/313 30-15

GROUP FITNESS PLAN Samstag 23.03.19

Studio	Zeit	Stunde
2	09:00-10:30	Traditional Astanga Yoga
1	10:00-10:50	Cardio Toning
2	10:30-11:45	Antara 8 Stretch
1	10:50-11:15	Core 8 Floor
Spin	15:00-16:30	Super Disco Cycle*
Pool	15:00-15:40	Aqua Fitness
1	16:00-17:15	All u Can Dance
2	17:00-18:00	M.A.X. 8 More
2	18:00-18:25	ABS Attack

FITNESS PLAN Samstag 23.03.19

Ort	Zeit	Special
3.Stock	08:00-14:00	Muskelmasse-Analyse
4.Stock	09:00-13:30	NEOH Fitness-Challenge
1.Stock	09:30-10:30	Pure Movement-Workshop
3.Stock	11:00-12:00	TRX-Workshop/Workout
3.Stock	15:00-20:00	Muskelmasse-Analyse
4.Stock	15:00-20:00	NEOH Fitness-Challenge
2.Stock	17:00-18:00	Pure Athletik Intro

GROUP FITNESS PLAN Sonntag 24.03.19

Studio	Zeit	Stunde
1	09:30-10:20	Strong Back
Spin	10:00-11:00	Metabolic Ride*
1	10:30-11:20	Body Sculpt
2	10:30-12:00	Yoga Starters
1	11:20-11:45	Core 8 Floor
1	15:00-15:45	Ving Tsun Kinderkurs (6-9 Jahre)
1	16:00-17:15	Ving Tsun Kinderkurs (10-14 Jahre)
2	15:30-16:20	Dance Groove
Pool	16:30-17:10	Aqua Fitness
2	17:00-17:50	Body Sculpt
1	18:30-20:00	Astanga Yoga
2	18:00-18:25	CORE
Spin	18:30-19:30	Cross Country*

FITNESS PLAN Sonntag 23.03.19

Ort	Zeit	Special
3.Stock	08:00-14:00	Muskelmasse-Analyse
4.Stock	09:00-13:30	NEOH Fitness-Challenge
1.Stock	09:30-10:30	Pure Movement-Workshop
3.Stock	11:00-12:00	TRX-Workshop/Workout
3.Stock	15:00-20:00	Muskelmasse-Analyse
4.Stock	15:00-20:00	NEOH Fitness-Challenge
2.Stock	17:00-18:00	Pure Athletic Intro

*Reservieren Sie sich Ihr Bike an der Rezeption!



Manhattan Fitness Süd
Campus 21
2345 Brunn am Gebirge
T: 02236/313 30-15
E: beratung.sued@manhattan.at
www.manhattan.at