

MO	07:30 (55 Min)	09:00 (55 Min)	10:00 (55 Min)	10:15 (55 Min)	11:30 (55 Min)	13:00 (55 Min)
	Cycling	Hatha Yoga	Bodywork	BBP Gold	Rückenfit & Stretch	Hatha Yoga
	Tina	Tamara	Liza/Esther	Martina	Martina	Miruna

17:30 (55 Min)	17:45 (55 Min)	18:00 (55 Min)	18:45 (55 Min)	19:00 (55 Min)	20:00 (55 Min)
Pump	Pilates	Cycling	Bodywork	Rückenfit	Midance
Leyla	Conny	Markus	Leyla	Conny	Mido

DI	09:30 (55 Min)	10:15 (55 Min)	12:30 (55 Min)
	Dance & Tone	Body & Soul	Faszien Training
	Susanne	Elke	Samuel

16:30 (55 Min)	17:30 (75 Min)	17:45 (55 Min)	18:15 (55 Min)	19:00 (55 Min)	19:00 (55 Min)	20:00 (55 Min)
HIIT & Stretch	Hatha Yoga	Bodywork	Cycling	Midance	Rückenfit & Stretch	Bodywork
Susanne	Miruna	Mido	Usama	Mido	Bettina	Daniela

MI	07:30 (55 Min)	09:00 (55 Min)	10:15 (55 Min)	10:15 (55 Min)
	Cycling	Mobility	Rückenfit	BodyXtreme
	Samuel	Susanne	Susanne	Janaina

17:30 (55 Min)	17:45 (55 Min)	18:00 (55 Min)	18:45 (55 Min)	19:00 (55 Min)	19:45 (55 Min)
Zumba	Breathwork	Cycling	Bodywork	Hatha Yoga	Pump
Theresa	Simone	Sonja	Leyla	Miruna	Markus

DO	07:30 (55 Min)	09:45 (55 Min)	10:15 (55 Min)	11:00 (55 Min)	12:15 (55 Min)
	BBP	Flow Yoga	Bodywork	Deep Stretch	Qi Flow & Stretch
	Liza	Delia	Janaina	Elke	Gerry

17:30 (55 Min)	17:45 (55 Min)	18:45 (55 Min)	19:00 (55 Min)
DeepWork	Vinyasa Yoga	Pump	Pilates
Susanne	Sabine	Susanne	Bettina

FR	09:00 (55 Min)	09:15 (55 Min)	10:30 (55 Min)	12:30 (55 Min)	15:30 (55 Min)	16:30 (55 Min)	16:30 (55 Min)	17:00 (55 Min)	17:30 (55 Min)	18:30 (55 Min)
	Rückenfit	Bodywork	Pilates	Stretch & Relax	Pump	Cycling	Bodywork	DeepStretch & Yin	Zumba	BBP
	Kerstin	Samuel	Liza	Martina	Leyla	Simone	Leyla	Elke	Marina	Bettina



SA	09:30 (55 Min)	10:15 (55 Min)	10:30 (55 Min)
	DeepWork	Bodywork	Rücken Yoga
	Niko	Maria	Miruna

16:30 (55 Min)	17:30 (55 Min)	18:15 (55 Min)
Tabata & Abs	Cardio Kick Box	Hatha Yoga
Sarah	Sarah	Elke



SO	09:15 (55 Min)	10:15 (55 Min)	10:30 (55 Min)	10:30 (55 Min)
	Hatha Yoga	Bodywork	Cycling	BBP
	Miruna	Julian	Usama	Barri

16:30 (55 Min)	17:00 (55 Min)	17:30 (55 Min)	18:45 (55 Min)
Pump	Yin Yoga	Bodywork	Pilates
Markus	Elke	Bettina	Bettina

BODYSTYLE APP

www.bodystyle.at
1060 Wien, Webgasse 35

KURSRAUM 1
KURSRAUM 2
CYCLINGRAUM

HAPPY BAUCH (15 Min)
MO - SO 11:15 & 18:45
funktionaler Trainingsbereich 4. Stock

FUNCTIONAL TRAINING (45 Min)
MO - SO 10:30 & 18:00
funktionaler Trainingsbereich 4. Stock

RESERVIERUNG für Pump & Cycling
am Kurstag unter
 +43 1 596 28 15