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|----|----------------|----------------|-----------------|----------------|--------------------------------|----------------|
| MO | 09:00 (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 | Esther | Martina | Martina | Miruna |

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|----------------|----------------|----------------------|-----------------|----------------|----------------|
| 17:30 (55 Min) | 17:45 (55 Min) | 18:45 (55 Min) | 18:45 (55 Min) | 19:00 (55 Min) | 20:00 (55 Min) |
| Pump | Pilates | Disco Cycling | Bodywork | Hatha Yoga | Midance |
| Leyla | Claire | Mido | Leyla | Claire | Mido |

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|----|-------------------------|------------------------|----------------|
| DI | 09:30 (55 Min) | 10:15 (55 Min) | 13:00 (55 Min) |
| | Dance & Tone | Body & Soul | Pilates |
| | Susanne | Elke | Delia |

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

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

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|-------------------------|----------------|----------------|----------------|-----------------|----------------|---------------------|
| 16:30 (55 Min) | 17:30 (55 Min) | 17:45 (55 Min) | 18:00 (55 Min) | 18:45 (55 Min) | 19:00 (55 Min) | 20:00 (55 Min) |
| Tabata & Abs | Zumba | Rückenfit | Cycling | Bodywork | Yogalates | Vinyasa Yoga |
| Bettina | Petra | Claire | Sonja | Leyla | Claire | Sabrina |

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|----|------------------|-----------------|---------------------|
| DO | 09:45 (55 Min) | 10:15 (55 Min) | 11:00 (55 Min) |
| | Flow Yoga | Bodywork | Deep Stretch |
| | Delia | Janaina | Elke |

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|-------------------------|-----------------|---------------------|----------------|----------------|----------------|
| 16:30 (55 Min) | 17:30 (55 Min) | 17:45 (55 Min) | 18:30 (55 Min) | 18:45 (55 Min) | 19:00 (55 Min) |
| Dance & Tone | DeepWork | Vinyasa Yoga | Cycling | Pump | Pilates |
| Claire | Susanne | Jessica | Natasa | Susanne | Bettina |

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| FR | 09:00 (55 Min) | 10:15 (55 Min) |
| | Rückenfit & Faszien | Bodywork |
| | Kerstin | Kamila |

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|----------------------------|----------------|----------------|-----------------|-----------------|----------------|
| 12:30 (55 Min) | 15:30 (55 Min) | 16:00 (55 Min) | 16:30 (55 Min) | 17:15 (55 Min) | 17:30 (55 Min) |
| Stretch & Relax | Pump | Pilates | Bodywork | Yin Yoga | Zumba |
| Martina | Leyla | Claire | Leyla | Elke | Theresa |



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|----|-----------------|-----------------|--------------------|----------------|
| SA | 09:30 (55 Min) | 10:15 (55 Min) | 10:30 (55 Min) | 10:45 (55 Min) |
| | DeepWork | Bodywork | Rücken Yoga | Cycling |
| | Iris | Barri | Miruna/Vanessa | Iris |

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|---------------------------|-----------------|----------------|
| 16:30 (55 Min) | 17:30 (55 Min) | 18:15 (55 Min) |
| HIIT & Stretch | Bodywork | Hatha Yoga |
| Vanessa | Vanessa | Elke |



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

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|----------------|-----------------|-----------------|----------------|
| 16:30 (55 Min) | 17:15 (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

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| KURSRAUM 1 |
| KURSRAUM 2 |
| CYCLINGRAUM |

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| HAPPY BAUCH (15 Min) |
| MO - SO 11:15 & 18:30 |
| KURSRAUM 1 |

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

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