



Forget your sorrows at Mamanet!

Mamanet is an international sports movement for mothers, young women and children. Mamanet is similar to volleyball, but much simpler. You **catch and throw the ball** - it is quickly explained and **simply fun!** Easy to learn at any age without prior knowledge.

Forget your everyday life and worries for an hour, have fun, move and make new friends!

Children can come too.

They have their own childcare or play together with the women.

When: Wednesdays 11:00- 12:30 am

Where: in the UAB gym of the Ernst Happel Stadium / Sector D
Meiereistrasse 7, 1020 Vienna

Coach and nannies speak Ukrainian!

2G, masks up to the gym.

Comfortable clothes and sports shoes are an advantage!

We will help you to find us! Just contact Sissi:

office@mamanet.at or +43 699 119 42 346

No costs!

We are looking forward to meeting and playing with you!

All infos about Mamanet: www.mamanet.at and on the Facebookpage:
Mamanet Austria



 Bundesministerium
Kunst, Kultur,
öffentlicher Dienst und Sport

SPORT AUSTRIA
BUNDES-SPORTORGANISATION 

