

DONAUPARK LINZ

KURS 2022

Mo – Fr 06:30 - 22:00 Uhr
 Sa, So, Feiertag 09:00 – 21:00 Uhr
 Gültig ab: 28.11.2022

Untere Donaulände 21-25 | 4020 Linz
 donaupark.linz@johnharris.at
 +43 732 771 770



Mo	09:00 - 09:55 Piloxing® Saal 2 ★★	09:00 - 09:55 Pilates Saal 1 ★	10:00 - 10:55 Zumba® Saal 2 ★	10:15 - 11:00 Aqua Fitness Pool ★	17:30 - 18:25 LesMills Bodybalance Saal 1 ★	17:30 - 18:25 Piloxing® Saal 2 ★★	18:00 - 18:45 TRX Workout Functional Area ★★	18:30 - 19:30 Zumba® Saal 2 ★	18:30 - 19:25 Indoor Cycle Spinstudio ★★	18:30 - 19:25 LesMills Bodypump Saal 1 ★★		
Di	09:00 - 09:55 Cardio Dance Saal 2 ★	09:00 - 09:55 Back Health Saal 1 ★	10:00 - 10:55 Tone Saal 1 ★	10:15 - 11:00 Aqua Dance Pool ★	17:00 - 17:25 Sixpack Workout Saal 2 ★	17:30 - 18:25 LesMills Bodypump Saal 1 ★★	17:30 - 18:25 Back Health Saal 2 ★	17:30 - 18:15 Aqua Fitness Pool ★	18:30 - 19:25 Step&Tone / Cardio Dance Saal 2 ★	18:30 - 19:25 LesMills Bodybalance Saal 1 ★	18:30 - 19:25 HIIT & FIT Functional Area ★★	18:30 - 19:25 Indoor Cycle Spinstudio ★
Mi	06:45 - 07:40 Wake Up Cycle Spinstudio ★★	09:00 - 10:30 Hatha Yoga Saal 1 ★	09:00 - 09:55 Step & Tone Saal 2 ★	10:15 - 11:00 Aqua Fitness Pool ★	17:30 - 18:25 Flow Yoga Saal 1 ★★	17:30 - 18:25 Ski Gym Saal 2 ★★	18:30 - 18:55 Sixpack Workout Functional Area ★★	18:30 - 19:25 Yoga Saal 2 ★★	18:30 - 19:25 LesMills Bodypump Saal 1 ★★			
Do	09:00 - 09:55 Smovey Saal 1 ★	10:00 - 10:55 Pilates Saal 1 ★★	17:30 - 18:25 Tone Saal 1 ★★	17:30 - 18:25 LesMills Bodybalance Saal 2 ★	18:30 - 19:25 Pilates Saal 2 ★★	18:30 - 19:25 John Harris HIIT Saal 1 ★★						
Fr	06:45 - 07:45 LesMills Bodypump Saal 1 ★★	09:00 - 09:55 Tone Saal 2 ★	09:00 - 09:55 Back Health Saal 1 ★	10:15 - 11:00 Aqua Fitness Pool ★	15:30 - 16:25 Cardio Dance Saal 1 ★	16:00 - 16:25 Sixpack Workout Saal 2 ★	16:30 - 17:25 LesMills Bodypump Saal 1 ★★					
Sa	09:30 - 10:25 Tone Saal 1 ★★	09:30 - 10:25 Piloxing® Saal 2 ★★	10:30 - 11:15 Aqua Fitness Pool ★★	10:30 - 11:25 Zumba® Saal 2 ★	10:30 - 11:25 LesMills Bodybalance Saal 1 ★	17:00 - 17:45 Sixpack Circle Saal 1 ★★						
So	09:15 - 10:25 Yoga Saal 1 ★★	09:30 - 10:25 Ski Gym Saal 2 ★★	09:30 - 10:25 Wake Up Cycle Spinstudio ★★	10:30 - 11:15 Aqua Fitness Pool ★	10:30 - 11:25 Harris Barbell Lift Saal 1 ★★	17:30 - 18:25 Power Rücken Saal 1 ★	18:30 - 19:00 Stretch & Relax Saal 1 ★					

Kategorien

| Rücken
 | Power
 | Stretch
 | Ausdauer
 | Special
 | Dance
 | Pilates
 | Radfahren
 | Aqua
 | Yoga

Schwierigkeitsgrad:

★ leicht
 ★★ mittel
 ★★★ schwer