

SOFIENSäle

KURS 2022

Mo – Fr 06:30 - 22:00 Uhr
 Sa, So, Feiertag 09.00 - 21:00 Uhr
 Gültig ab: 28.11.2022

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Mo	07:30 - 08:20 Total Body Saal 1 ★★	08:15 - 08:40 Zirkel Training Functional Area ★	12:30 - 13:20 Pilates Saal 1 ★	18:00 - 18:25 Zirkel Training Functional Area ★	18:00 - 18:50 Back Health Saal 1 ★	19:00 - 19:50 Power Sculpt Saal 1 ★★
Di	07:30 - 08:20 Yoga Saal 1 ★	12:00 - 12:25 John Harris HIIT Saal 1 ★★	12:30 - 12:55 Sixpack Workout Saal 1 ★	18:00 - 18:25 Zirkel Training Fitness Floor ★	18:00 - 18:50 Bodywork Saal 1 ★★	19:00 - 20:15 Yoga Saal 1 ★
Mi	08:15 - 08:40 Zirkel Training Functional Area ★	09:00 - 09:50 Back Health Saal 1 ★	17:30 - 18:20 Back Health Saal 1 ★	18:00 - 18:25 Zirkel Training Functional Area ★	18:30 - 18:55 M.A.X. Saal 1 ★	19:00 - 19:50 John Harris Kick Saal 1 ★★
Do	07:30 - 08:20 Pilates Saal 1 ★	12:30 - 13:20 Bodywork Saal 1 ★	18:00 - 18:50 Harris Barbell Lift Saal 1 ★★	19:00 - 19:50 Yogalates Saal 1 ★		
Fr	12:30 - 13:45 Yoga Saal 1 ★	17:00 - 17:25 A.B.T. Saal 1 ★	17:30 - 18:20 Pilates Saal 1 ★			
Sa	09:30 - 10:20 Back Health Saal 1 ★	10:30 - 11:20 Harris Barbell Lift Saal 1 ★★	17:30 - 18:20 Antara® Saal 1 ★			
So	10:30 - 11:20 Yogalates Saal 1 ★	17:30 - 18:15 Total Body Saal 1 ★★	18:30 - 19:15 Zumba® Saal 1 ★			

Kategorien

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

Schwierigkeitsgrad:

★ leicht
 ★★ mittel
 ★★★ schwer