

HAUPTBAHNHOF

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	09:00 - 10:00 Bodywork Studio 1 ★	10:00 - 11:00 Back Health Studio 1 ★	13:00 - 13:30 MX4 Studio 1 ★★	17:30 - 18:00 MX4 Functional Area ★★	18:00 - 18:30 Sixpack Workout Studio 1 ★	18:30 - 19:30 TotalBody Studio 1 ★	19:30 - 20:00 Stretch&Tone Studio 1 ★
Di	07:30 - 08:30 Bodywork Studio 1 ★★	08:30 - 09:30 Back Health Studio 1 ★	09:30 - 10:30 Pilates Studio 1 ★	18:00 - 18:30 MX4 Functional Area ★★	18:00 - 19:00 Harris Barbell Lift Studio 1 ★★	19:00 - 20:00 Yogalates Studio 1 ★	20:00 - 21:00 Boxen Studio 1 ★★
Mi	07:15 - 08:30 Vinyasa Flow Yoga Studio 1 ★	08:30 - 09:30 TotalBody Studio 1 ★	12:00 - 12:30 MX4 Studio 1 ★★	17:30 - 18:00 Sixpack Workout Studio 1 ★★	18:00 - 19:00 Step&Tone / Cardio Dance Studio 1 ★★	19:00 - 19:30 Stretching Studio 1 ★	19:00 - 19:30 MX4 Functional Area ★★
Do	08:00 - 09:00 Bodywork Studio 1 ★★	09:00 - 10:00 Back Health & Stretch Studio 1 ★	17:30 - 18:30 Back Health Studio 1 ★	18:30 - 19:00 MX4 Functional Area ★★	18:30 - 20:00 Hatha Yoga Studio 1 ★		
Fr	07:00 - 08:30 Yoga Studio 1 ★	08:30 - 09:30 Pilates Studio 1 ★	11:30 - 12:00 Sixpack Workout Studio 1 ★	12:00 - 13:00 Zumba® Studio 1 ★	16:00 - 17:00 Pilates Studio 1 ★	17:00 - 17:30 Sixpack Workout Studio 1 ★	
Sa	10:00 - 11:00 Back Health Studio 1 ★	11:00 - 12:00 Bodywork Studio 1 ★★	17:30 - 18:00 Metabolic finischer Studio 1 ★	18:00 - 19:00 Harris Barbell Lift Studio 1 ★★			
So	09:30 - 10:45 Ashtanga Yoga Studio 1 ★★	10:45 - 12:00 Ashtanga Yoga Studio 1 ★	17:00 - 18:00 Functional Training Studio 1 ★				

Kategorien

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

Schwierigkeitsgrad:

★ leicht ★★ mittel ★★★ schwer