

HAUPTBAHNHOF

KURS 2024

Mo – Fr 06:30 - 22:00 Uhr
 Sa, So, Feiertag 09:00 - 21:00 Uhr
 Gültig ab: 09.12.2024

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	09:00 - 10:00	10:00 - 11:00	13:00 - 13:30	17:00 - 18:00	17:30 - 18:00	18:00 - 18:30	18:30 - 19:30	19:30 - 20:00
Mo	Bodywork Studio 1 ★	Back Health Studio 1 ★	MX4 Studio 1 ★★	Zumba@ Studio 1 ★	MX4 Functional Area ★★	Sixpack Workout Studio 1 ★	TotalBody Studio 1 ★	Stretch&Tone Studio 1 ★
Di	Bodywork Studio 1 ★★★	Back Health Studio 1 ★	Pilates Studio 1 ★	MX4 Functional Area ★★	Harris Barbell Lift Studio 1 ★★	Yogalates Studio 1 ★	Boxen Studio 1 ★★	
Mi	Vinyasa Flow Yoga Studio 1 ★	TotalBody Studio 1 ★	MX4 Studio 1 ★★	Sixpack Workout Studio 1 ★★	Step&Tone / Cardio Dance Studio 1 ★★	MX4 Functional Area ★★	Pilates Studio 1 ★	
Do	Antara@ Studio 1 ★	Stretching Studio 1 ★	Yoga Studio 1 ★★	MX4 Functional Area ★★				
Fr	Yoga Studio 1 ★	Pilates Studio 1 ★	Zumba@ Studio 1 ★	Pilates Studio 1 ★	Sixpack Workout Studio 1 ★			
Sa	Back Health Studio 1 ★	Bodywork Studio 1 ★★★	Functional Training Studio 1 ★★					
So	Ashtanga Yoga Studio 1 ★★	Ashtanga Yoga Studio 1 ★	deepWORK™ Studio 1 ★★					

Kategorien

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

Schwierigkeitsgrad:

★ leicht
 ★★ mittel
 ★★★ schwer