

SCHILLERPLATZ

KURS 2025

Mo – Fr 06:30 - 23:00 Uhr
 Sa, So, Feiertag 09:00 - 21:00 Uhr
 Gültig ab: 12.05.2025

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Mo	09:00 - 09:50 Back Health Studio 2 ★	09:00 - 09:25 Core Training Studio 1 ★	09:30 - 10:20 Total Body Studio 1 ★★	10:15 - 11:00 Aqua Fitness Pool ★	10:15 - 11:05 Antara® Studio 2 ★	12:30 - 13:20 Stretching Studio 2 ★	17:00 - 17:50 Pilates Studio 2 ★	17:30 - 17:50 John Harris HIIT Studio 1 ★★	18:00 - 18:25 Core Training Studio 1 ★	18:00 - 18:45 Aqua Fitness Pool ★	18:15 - 19:05 Pilates Studio 2 ★	18:30 - 19:20 Harris Kick Studio 1 ★★	19:00 - 19:50 Cross Country Spin Spinstudio ★	19:30 - 20:45 Yoga Studio 2 ★★	19:30 - 20:20 Zumba® Studio 1 ★
Di	07:00 - 07:50 Cross Country Spin Spinstudio ★	08:00 - 08:50 Yoga Studio 2 ★	09:00 - 09:50 Cardio Step Studio 1 ★★	10:00 - 10:50 Pilates Studio 2 ★	10:15 - 11:05 Harris Barbell Lift Studio 1 ★	12:30 - 13:45 Yoga Studio 2 ★	17:30 - 17:55 John Harris HIIT Studio 1 ★	17:30 - 18:20 Pilates Studio 2 ★	18:00 - 18:25 Sixpack Workout Studio 1 ★	18:30 - 19:20 Cardio Step Studio 1 ★★	18:45 - 19:35 Stretching Studio 2 ★	18:45 - 19:35 Spin Intervall Spinstudio ★	19:30 - 20:20 Bodywork Studio 1 ★★		
Mi	09:00 - 09:50 Bodywork Studio 1 ★★	10:00 - 10:50 Pilates & Stretch Studio 2 ★	10:15 - 11:00 Aqua Fitness Pool ★	11:15 - 11:40 Women Health Yoga Studio 2 ★	11:45 - 13:00 Anti-Aging-Yoga Studio 2 ★	14:00 - 14:50 Power Sculpt Studio 1 ★★	17:00 - 17:50 Back Health Studio 2 ★	18:00 - 18:45 Aqua Fitness Pool ★	18:15 - 19:05 Antara® Studio 2 ★	19:00 - 19:50 Total Body Studio 1 ★★	19:30 - 20:20 Spin Basic Spinstudio ★	19:30 - 20:45 Yoga Studio 2 ★			
Do	08:30 - 08:55 Sixpack Workout Studio 1 ★	09:00 - 09:50 Zumba® Studio 1 ★	09:30 - 10:40 Antara® & Stretch Studio 2 ★	10:15 - 11:00 Aqua Fitness Pool ★	17:00 - 17:50 Harris Barbell Lift Studio 1 ★★	18:00 - 18:50 Back Health Studio 2 ★	18:00 - 18:25 Core Training Studio 1 ★	18:30 - 19:20 Cardio Step Studio 1 ★★	19:00 - 19:50 Pilates Studio 2 ★	19:30 - 19:55 Sixpack Workout Studio 1 ★					
Fr	10:00 - 10:25 Sixpack Workout Studio 1 ★	10:30 - 11:20 Harris Barbell Lift Studio 1 ★★	12:30 - 13:20 Yogalates Studio 2 ★	16:45 - 17:10 Sixpack Workout Studio 1 ★	17:00 - 18:15 Yoga Studio 2 ★	17:15 - 18:05 Total Body Studio 1 ★★	17:30 - 18:20 Cross Country Spin Spinstudio ★	18:30 - 19:20 Back Health & Stretch Studio 2 ★							
Sa	09:30 - 10:20 Back Health Studio 2 ★	10:00 - 10:50 Bodywork Studio 1 ★★	11:00 - 11:45 Aqua Fitness Pool ★	12:00 - 12:50 Spin Intervall Spinstudio ★	12:30 - 13:45 Yoga Studio 2 ★	16:30 - 17:20 Back Health & Stretch Studio 2 ★	17:30 - 18:20 Power Sculpt Studio 1 ★★								
So	09:30 - 10:20 Harris Barbell Lift Studio 1 ★★	09:30 - 10:20 Pilates Studio 2 ★	10:30 - 11:20 Harris Barbell Lift Studio 1 ★★	10:45 - 12:00 Yoga Studio 2 ★	16:30 - 17:20 Pilates Studio 2 ★	17:30 - 18:20 Bodywork Studio 1 ★★	18:00 - 18:50 Spin Intervall Spinstudio ★								

Kategorien

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

Schwierigkeitsgrad:

★ leicht
 ★★ mittel
 ★★★ schwer