

MARGARETENPLATZ

KURS 2024

Mo – Fr 06:30 - 23:00 Uhr
 Sa, So, Feiertag 09:00 - 21:00 Uhr
 Gültig ab: 15.04.2024

Strobachgasse 7-9 | 1050 Wien
 margaretenplatz@johnharris.at
 +43 1 544 12 12



Mo	08:00 - 08:50 Wake Up Yoga Studio 1 ★	09:00 - 09:50 Bodywork Studio 1 ★	10:00 - 10:50 Back Health Studio 1 ★	11:00 - 11:45 Aqua Fitness Pool ★	13:30 - 15:00 Yoga Studio 1 ★★	17:50 - 18:40 Total Body Studio 2 ★★	18:00 - 18:50 Harris Barbell Lift Studio 1 ★	18:50 - 19:40 Cross Country Spin Studio 2 ★★	19:00 - 19:45 Aqua Fitness Pool ★	19:00 - 19:50 Back Health Studio 1 ★	20:00 - 20:50 Antara@ Studio 1 ★	20:00 - 21:15 Yoga & Meditation Studio 2 ★
Di	07:30 - 08:20 Back Health Studio 1 ★	08:30 - 09:20 John Harris HIIT Studio 1 ★	09:30 - 10:20 Antara@ Studio 1 ★	10:30 - 11:15 Aqua Fitness Pool ★	10:30 - 11:20 Zumba@ Studio 1 ★	14:45 - 16:00 Anti-Aging-Yoga Studio 1 ★	16:50 - 17:50 Harris Barbell Lift Studio 1 ★★	18:00 - 18:50 Cardio Dance Studio 2 ★★	18:00 - 18:50 John Harris Kick Studio 1 ★	19:00 - 19:50 Bodywork Studio 1 ★	19:00 - 20:00 Pilates & Stretch Studio 2 ★	
Mi	10:00 - 10:50 Fatburning Studio 1 ★	11:00 - 11:25 Core Training Studio 1 ★	11:30 - 12:20 Stretching Studio 1 ★	16:00 - 16:50 Cardio Dance Studio 1 ★	17:45 - 18:45 Yoga Studio 1 ★	18:00 - 18:50 T-Bow@ Bodyworkout Studio 2 ★	19:00 - 19:45 Aqua Fitness Pool ★	19:00 - 19:50 Spin Intervall Studio 2 ★★	19:00 - 19:50 Back Health & Stretch Studio 1 ★			
Do	07:30 - 08:20 Wake Up Yoga Studio 1 ★	10:30 - 11:20 TABRO@ Bodywork Studio 1 ★	11:30 - 12:20 TABRO@ Massage Studio 1 ★	12:30 - 13:20 Antara@ Studio 1 ★	16:00 - 16:50 Back Health Studio 1 ★	17:00 - 17:50 Zumba@ Studio 2 ★	17:30 - 18:20 John Harris Kick Studio 1 ★	18:00 - 18:25 Core Training Studio 2 ★	18:30 - 19:20 Antara@ Strong Studio 1 ★★	19:30 - 20:40 Dance Special Studio 1 ★		
Fr	07:30 - 08:20 John Harris HIIT Studio 1 ★★	09:00 - 09:50 Harris Barbell Lift Studio 1 ★	10:00 - 10:50 Back Health & BeBo Studio 1 ★	12:00 - 12:50 Yogalates Studio 1 ★	13:00 - 13:50 Zumba@ Studio 1 ★	17:30 - 18:30 Harris Barbell Lift Studio 1 ★★	18:40 - 19:30 Sixpack & Stretch Studio 1 ★	19:15 - 19:45 Float Fit@ Pool ★★				
Sa	09:30 - 10:20 Pilates Studio 1 ★★	10:30 - 11:15 Aqua Fitness Pool ★	11:30 - 11:50 Sixpack & Stretch Studio 2 ★	12:00 - 13:15 Dance Hall Studio 1 ★	18:00 - 18:50 Bodywork Studio 1 ★	19:00 - 20:20 Hatha Yoga Studio 1 ★						
So	09:30 - 10:20 Back Health Studio 1 ★	09:45 - 11:05 Spin Endurance Studio 2 ★★	11:00 - 11:50 Yoga Studio 1 ★	11:20 - 12:05 Aqua Fitness Pool ★	12:00 - 12:50 Meditate & Relaxe Studio 1 ★	12:15 - 12:45 Float Fit@ Pool ★★	16:30 - 17:50 Pilates & Stretch Studio 1 ★	18:00 - 19:15 Power Sculpt Studio 1 ★★				

Kategorien

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

Schwierigkeitsgrad:

★ leicht
 ★★ mittel
 ★★★ schwer