

THALIA GRAZ

KURS 2025

Mo – Fr 06:30 - 22:00 Uhr
 Sa, So, Feiertag 09:00 - 21:00 Uhr
 Gültig ab: 12.05.2025

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Mo	07:00 - 07:30 John Harris HIIT Saal 1 ★★★	07:30 - 08:00 Sixpack Workout Saal 1 ★★	12:15 - 12:50 Sixpack Workout Saal 1 ★	14:15 - 15:15 Schwimmtraining Pool ★	16:30 - 17:15 Back Health Saal 1 ★	17:15 - 18:00 Barre Workout Saal 1 ★★	17:30 - 18:45 Bootcamp Outdoor ★★	18:00 - 18:30 Sixpack Workout Saal 1 ★★	18:35 - 19:35 Shape Your Body Saal 1 ★★	19:35 - 20:30 Dance Fitness Saal 1 ★★
Di	07:00 - 08:00 Wake Up Yoga Saal 1 ★	10:00 - 10:45 FIELD Senior Fitness Saal 1 ★	16:20 - 16:50 Mobility Saal 1 ★	17:00 - 17:30 Functional Training Saal 1 ★★	17:35 - 18:35 Konga Saal 1 ★★	18:45 - 20:00 LesMills Bodypump Saal 1 ★★	20:00 - 20:30 John Harris HIIT Saal 1 ★★★	20:30 - 21:00 Sixpack Workout Saal 1 ★★		
Mi	07:00 - 08:00 LesMills Bodypump Saal 1 ★★	09:00 - 10:00 Aqua Fitness Pool ★	10:15 - 11:15 Back Health Saal 1 ★	11:30 - 12:30 Yoga Saal 1 ★	16:00 - 17:00 Hatha Yoga Saal 1 ★	17:00 - 18:00 Konga Saal 1 ★★	18:00 - 19:10 LesMills Bodypump Saal 1 ★★	19:10 - 20:10 Fitnessboxen Saal 1 ★★	20:10 - 20:40 John Harris HIIT Saal 1 ★★★	20:40 - 21:10 Sixpack Workout Saal 1 ★★
Do	07:00 - 07:30 John Harris HIIT Saal 1 ★★★	07:30 - 08:00 Sixpack Workout Saal 1 ★★	08:30 - 09:30 Yogalates Saal 1 ★★	10:00 - 10:45 FIELD Senior Fitness Saal 1 ★	12:30 - 13:15 FIELD Senior Fitness Saal 1 ★	16:30 - 17:30 Pilates Saal 1 ★	17:45 - 18:15 John Harris HIIT Saal 1 ★★★	18:20 - 18:50 Sixpack Workout Saal 1 ★★	19:00 - 20:05 Vinyasa Flow Yoga Saal 1 ★★★	
Fr	07:00 - 08:00 LesMills Bodypump Saal 1 ★★	08:30 - 09:30 Aqua Fitness Pool ★	09:00 - 10:00 Pilates Saal 1 ★	10:00 - 10:30 Faszien Training Saal 1 ★	13:30 - 14:30 Schwimmtraining Pool ★	14:50 - 15:50 Vinyasa Yoga Saal 1 ★★	16:15 - 17:30 LesMills Bodypump Saal 1 ★★	17:30 - 18:00 John Harris HIIT Saal 1 ★★★	18:05 - 19:00 Back Health Saal 1 ★	
Sa	09:30 - 10:00 Sixpack Workout Saal 1 ★★	10:05 - 10:35 Functional Workout Saal 1 ★★	11:00 - 12:00 Yoga Saal 1 ★★	17:00 - 18:15 LesMills Bodypump Saal 1 ★★	18:15 - 19:15 LesMills Bodycombat Saal 1 ★★					
So	09:15 - 10:00 Aqua Fitness Pool ★	09:30 - 10:00 Functional Circle Saal 1 ★★	10:00 - 10:45 Aqua Fitness Pool ★	10:05 - 10:35 Sixpack Workout Saal 1 ★★	17:00 - 18:15 LesMills Bodypump Saal 1 ★★	18:15 - 19:30 Yoga Saal 1 ★				

Kategorien

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

Schwierigkeitsgrad:

★ leicht ★★ mittel ★★★ schwer