THALIA GRAZ
KURS 2024

Mo – Fr 06:30 - 22:00 Uhr
Sa, So, Feiertag 09:00 - 21:00 Uhr
Gültig ab: 22.04.2024

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John Harris Fitness

Mo	07:00 - 07:30 John Harris HIIT Saal 1 ★★★	07:30 - 08:00 Sixpack Workout Saal 1 ★½	11:15 - 12:15 Dance Fitness Saal 1 ★½	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 ★½	17:30 - 18:45 Bootcamp Outdoor ★½	18:00 - 18:30 Sixpack Workout Saal 1 ★½	18:35 - 19:35 Shape Your Body Saal 1 ★½	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 ★	15:20 - 16:15 Pilates Saal 1 ★	16:20 - 16:50 Mobility Saal 1 ★	17:00 - 17:30 Functional Training Saal 1 ★★	17:35 - 18:35 Konga Saal 1 ★½	18:45 - 20:00 LesMills Bodypump Saal 1 ★½	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 ★½	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 ★½	18:00 - 19:10 LesMills Bodypump Saal 1 ★½	19:10 - 20:10 Fitnessboxen Saal 1 ★½	20:10 - 20:40 John Harris HIIT Saal 1 ★★★	20:40 - 21:10 Sixpack Workout Saal 1 ★½	
Do	07:00 - 07:30 John Harris HIIT Saal 1 ★★★	07:30 - 08:00 Sixpack Workout Saal 1 ★½	08:30 - 09:30 LesMills Bodypump Saal 1 ★½	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 ★½	19:00 - 20:10 Vinyasa Flow Yoga Saal 1 ★★½		
Fr	07:00 - 08:00 LesMills Bodypump Saal 1 ★½	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 - 16:05 Vinyasa Yoga Saal 1 ★★	16:15 - 17:30 LesMills Bodypump Saal 1 ★½	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 ★½	10:05 - 10:35 Functional Workout Saal 1 ★★	17:00 - 18:15 LesMills Bodypump Saal 1 ★½	18:15 - 19:15 Fitnessboxen Saal 1 ★½							
So	09:30 - 10:00 Functional Circle Saal 1 ★½	09:30 - 10:30 Aqua Fitness Pool ★	10:05 - 10:35 Sixpack Workout Saal 1 ★½	17:00 - 18:00 Tyga Saal 1 ★½	18:15 - 19:30 Yoga Saal 1 ★						

Kategorien

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

Schwierigkeitsgrad:

★ leicht ★★ mittel ★★★ schwer