ATRIUM CITY CENTER
KURS 2024

Mo – Fr 06:30 - 22:00 Uhr
Sa, So, Feiertag 09:00 - 21:00 Uhr
Gültig ab: 25.03.2024

Mozartstraße 7-11 | 4020 Linz
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John Harris Fitness

Mo	07:00 - 07:55 Stretch & Mobility Saal 1 ★	08:00 - 08:55 Stretch & Mobility Saal 1 ★	09:00 - 09:55 Harris Barbell Lift Saal 1 ★½	10:00 - 10:55 Pilates Saal 1 ★	12:30 - 13:25 Tone Saal 1 ★½	16:30 - 17:25 Back Health Saal 2 ★	17:00 - 17:55 deepWORK / Tae BO Saal 1 ★★	17:30 - 18:25 Back Health Saal 2 ★	17:30 - 18:25 Indoor Cycle Spinstudio ★½	18:00 - 18:25 Sixpack Workout Saal 1 ★	18:30 - 19:25 Cardio Step Saal 2 ★½	18:30 - 19:25 Pilates Saal 1 ★	18:30 - 19:25 Indoor Cycle Spinstudio ★½
Di	08:00 - 08:55 Best Ager Fitness Saal 1 ★	09:00 - 09:55 Pilates Saal 2 ★	09:00 - 09:55 Tone Saal 1 ★	10:00 - 10:55 Back Health Saal 1 ★	10:00 - 11:15 Hatha Yoga Saal 2 ★	16:30 - 17:25 Zumba® Saal 1 ★	17:00 - 17:25 Sixpack Workout Saal 2 ★	17:30 - 18:25 Harris Barbell Lift Saal 1 ★½	17:30 - 18:25 Flow Yoga Saal 2 ★	18:30 - 19:25 Tae Bo Saal 1 ★½	18:30 - 19:45 Cross Power Mix Functional Area ★★½		
Mi	06:45 - 07:40 Wake Up Cycle Spinstudio ★½	08:00 - 08:55 Stretch & Mobility Saal 1 ★	09:00 - 09:55 Stretch & Mobility Saal 1 ★	10:00 - 10:55 Tai Chi Saal 2 ★	10:00 - 10:55 Flexi Tone Saal 1 ★	16:30 - 17:25 Tone Saal 1 ★½	17:30 - 18:25 Harris Barbell Lift Saal 1 ★½	17:30 - 18:25 Stretch & Mobility Saal 2 ★	18:30 - 19:25 Flow Yoga Saal 2 ★½	18:30 - 19:25 Indoor Cycle Spinstudio ★½	18:30 - 19:25 Ski Gym Saal 1 ★½		
Do	09:00 - 09:55 Cardio Step Saal 2 ★★½	09:00 - 09:55 Back Health Saal 1 ★	10:00 - 11:15 Yoga Saal 2 ★½	10:00 - 10:55 Harris Barbell Lift Saal 1 ★½	17:00 - 17:25 Sixpack Workout Saal 1 ★	17:30 - 18:25 Pilates Saal 1 ★½	17:30 - 18:25 Step & Tone Saal 2 ★	18:30 - 19:25 John Harris HIIT Saal 1 ★★★	18:30 - 20:00 Hatha Yoga Saal 2 ★★				
Fr	09:00 - 09:55 Tone Saal 1 ★½	~~09:00 - 09:55~~ ~~NIA~~ ~~Saal 2~~ ★	10:00 - 10:55 Best Ager Fitness Saal 2 ★	10:00 - 10:55 Piloxing ® Saal 1 ★½	11:00 - 11:55 Zumba® Saal 1 ★	15:30 - 16:25 Flexi Tone Saal 1 ★½	16:30 - 17:25 Harris Barbell Lift Saal 1 ★½	16:30 - 17:25 deepWORK™ Saal 2 ★★½	17:30 - 18:45 bodyART® Saal 1 ★½				
Sa	09:30 - 10:25 Wake Up Cycle Spinstudio ★½	09:30 - 10:25 Cardio Step Saal 2 ★★½	09:30 - 10:25 Ski Gym Saal 1 ★½	10:30 - 11:25 Harris Barbell Lift Saal 1 ★½	10:30 - 11:25 Find Your Balance Saal 2 ★								
So	~~09:15 - 10:25~~ ~~Flow Yoga~~ ~~Saal 2~~ ★½	09:30 - 10:25 Piloxing ® Saal 1 ★	10:30 - 11:25 Zumba® Saal 1 ★	~~17:00 - 17:25~~ ~~Sixpack Workout~~ ~~Saal 1~~ ★	17:30 - 18:25 Piloxing ® Saal 1 ★★★	18:30 - 18:55 Sixpack Workout Saal 1 ★½							

Kategorien

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

Schwierigkeitsgrad:

★ leicht ★★ mittel ★★★ schwer