

DC TOWER KURS 2024

Mo – Fr 06:30 - 22:00 Uhr
 Sa, So, Feiertag 09:00 - 21:00 Uhr
 Gültig ab: 28.10.2024

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Mo	12:15 - 13:05 Pilates Saal 1 ★	17:30 - 17:55 Sixpack Workout Saal 1 ★	18:00 - 18:25 John Harris HIIT Saal 1 ★	18:30 - 19:20 Harris Barbell Lift Saal 1 ★★	19:30 - 20:45 Yoga Saal 1 ★
Di	12:30 - 13:20 Back Health Saal 1 ★	17:30 - 18:20 Zumba® Saal 1 ★	18:30 - 18:55 Tone Saal 1 ★	19:00 - 19:50 Harris Kick Saal 1 ★★	
Mi	12:00 - 12:50 Yogalates Saal 1 ★	13:00 - 13:45 Aqua Fitness Pool ★	17:30 - 18:20 Bodywork Saal 1 ★	18:30 - 19:20 Cardio Step Saal 1 ★★	
Do	07:30 - 08:20 Yoga Saal 1 ★	12:15 - 13:05 Harris Barbell Lift Saal 1 ★★	17:30 - 18:15 Aqua Fitness Pool ★	18:30 - 19:20 Power Sculpt & Stretch Saal 1 ★	19:30 - 19:55 Sixpack Workout Saal 1 ★
Fr	09:00 - 09:50 Zumba® Saal 1 ★	12:30 - 12:55 Core Training Saal 1 ★	13:00 - 13:25 John Harris HIIT Saal 1 ★★	14:00 - 15:15 Yoga Saal 1 ★	17:30 - 18:20 Pilates Saal 1 ★
Sa	10:00 - 10:50 Total Body & Stretch Saal 1 ★	11:15 - 12:00 Aqua Fitness Pool ★	17:00 - 17:50 Bodywork Saal 1 ★★	18:00 - 18:50 Yogalates Saal 1 ★	
So	10:30 - 11:20 Antara® & Stretch Saal 1 ★	11:30 - 12:20 deepWORK™ Saal 1 ★	17:30 - 18:20 Bodywork Saal 1 ★		

Kategorien

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

Schwierigkeitsgrad:

★ leicht
 ★★ mittel
 ★★★ schwer