

SOFIENSäLE COURSE 2025

Mon – Fri 06:30 - 22:00
 Sat, Sun, Holiday 09.00 - 21:00
 Valid from: 10.02.2025

Marxergasse 17 | 1030 Wien
 sofiensaele@johnharris.at
 +43 1 712 20 00



Mo	07:30 - 08:20 Total Body Saal 1 ★★	08:15 - 08:40 Circuit Training Functional Area ★	12:30 - 13:20 Pilates Saal 1 ★	18:00 - 18:25 Circuit Training Functional Area ★	18:00 - 18:50 Pilates & Stretch Saal 1 ★	19:00 - 19:50 Power Sculpt Saal 1 ★★
Di	07:30 - 08:20 Yoga Saal 1 ★	12:00 - 12:50 Harris Barbell Lift Saal 1 ★★	17:00 - 17:50 Zumba® Saal 1 ★	18:00 - 18:25 Circuit Training Fitness Floor ★	18:00 - 18:50 Bodywork Saal 1 ★★	19:00 - 20:15 Yoga Saal 1 ★
Mi	08:15 - 08:40 Circuit Training Functional Area ★	09:00 - 09:50 Back Health Saal 1 ★	17:30 - 18:20 Back Health Saal 1 ★	18:00 - 18:25 Circuit Training Functional Area ★	18:30 - 18:55 M.A.X. Saal 1 ★	19:00 - 19:50 John Harris Kick Saal 1 ★★
Do	07:30 - 08:20 Pilates Saal 1 ★	12:30 - 13:20 Bodywork Saal 1 ★	18:00 - 18:50 Harris Barbell Lift Saal 1 ★★	19:00 - 19:50 Yogalates Saal 1 ★		
Fr	09:00 - 09:50 Bodywork Saal 1 ★★	12:30 - 13:45 Yoga Saal 1 ★	17:00 - 17:25 A.B.T. Saal 1 ★	17:30 - 18:20 Pilates Saal 1 ★		
Sa	09:30 - 10:20 Back Health Saal 1 ★	10:30 - 11:20 Harris Barbell Lift Saal 1 ★★	17:30 - 18:20 Antara® Saal 1 ★			
So	10:30 - 11:20 Yogalates Saal 1 ★	17:30 - 18:20 Total Body Saal 1 ★★	18:30 - 19:20 Zumba® Saal 1 ★			

Categories

Back | Power | Stretch | Endurance | Special | Dance | Pilates | Cycling | Aqua | Yoga

Level:

★ easy ★★ medium ★★★ hard