

HAUPTBAHNHOF

COURSE 2024

Mon – Fri 06:30 - 22:00
 Sat, Sun, Holiday 09:00 - 21:00
 Valid from: 22.04.2024

Wiedner Gürtel 9 | 1100 Wien
 hauptbahnhof@johnharris.at
 +43 1 799 1000



Mo	09:00 - 10:00 Bodywork Studio 1 ★	10:00 - 11:00 Back Health Studio 1 ★	13:00 - 13:30 MX4 Studio 1 ★★	17:00 - 18:00 Zumba@ Studio 1 ★	17:30 - 18:00 MX4 Functional Area ★★	18:00 - 18:30 Sixpack Workout Studio 1 ★	18:30 - 19:30 TotalBody Studio 1 ★	19:30 - 20:00 Stretch&Tone Studio 1 ★
Di	07:30 - 08:30 Bodywork Studio 1 ★★★	08:30 - 09:30 Back Health Studio 1 ★	09:30 - 10:30 Pilates Studio 1 ★	18:00 - 18:30 MX4 Functional Area ★★	18:00 - 19:00 Harris Barbell Lift Studio 1 ★★	19:00 - 20:00 Yogalates Studio 1 ★	20:00 - 21:00 Boxen Studio 1 ★★	
Mi	07:15 - 08:30 Vinyasa Flow Yoga Studio 1 ★	08:30 - 09:30 TotalBody Studio 1 ★	12:00 - 12:30 MX4 Studio 1 ★★	17:30 - 18:00 Sixpack Workout Studio 1 ★★	18:00 - 19:00 Step&Tone/Cardio Dance Studio 1 ★★	19:00 - 19:30 MX4 Functional Area ★★	19:00 - 20:00 Pilates Studio 1 ★	
Do	09:30 - 10:30 Antara@ Studio 1 ★	17:30 - 18:30 Back Health Studio 1 ★	18:30 - 19:00 MX4 Functional Area ★★	18:30 - 20:00 Hatha Yoga Studio 1 ★				
Fr	07:00 - 08:30 Yoga Studio 1 ★	08:30 - 09:30 Pilates Studio 1 ★	12:00 - 13:00 Zumba@ Studio 1 ★	16:00 - 17:00 Pilates Studio 1 ★	17:00 - 17:30 Sixpack Workout Studio 1 ★			
Sa	10:00 - 11:00 Back Health Studio 1 ★	11:00 - 12:00 Bodywork Studio 1 ★★	17:00 - 18:00 Harris Barbell Lift Studio 1 ★★					
So	09:30 - 10:45 Ashtanga Yoga Studio 1 ★★	10:45 - 12:00 Ashtanga Yoga Studio 1 ★	17:00 - 18:00 Functional Training Studio 1 ★					

Categories

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

Level:

★ easy ★★ medium ★★★ hard