SCHILLERPLATZ
COURSE 2024

Mon – Fri 06:30 - 23:00
Sat, Sun, Holiday 09:00 - 21:00
Valid from: 25.03.2024

Nibelungengasse 5 | 1010 Wien
schillerplatz@johnharris.at
+43 1 587 37 10

John Harris Fitness

Mo	09:00 - 09:50 Back Health Studio 2 ★	09:00 - 09:25 Core Training Studio 1 ★	09:30 - 10:20 Total Body Studio 1 ★★	10:15 - 11:00 Aqua Fitness Pool ★	10:15 - 11:05 Antara® Studio 2 ★	12:30 - 13:20 Stretching Studio 2 ★	17:00 - 17:50 Pilates Studio 2 ★	17:30 - 17:55 Stretching Studio 1 ★	18:00 - 18:25 Core Training Studio 1 ★	18:00 - 18:45 Aqua Fitness Pool ★	18:00 - 18:50 Pilates Studio 2 ★	18:30 - 19:20 Harris Kick Studio 1 ★★	19:15 - 20:30 Yoga Studio 2 ★★	~~19:45 - 20:35~~ ~~Zumba®~~ ~~Studio 1~~ ★
Di	07:00 - 07:50 Cross Country Spin Spintudio ★	08:00 - 08:50 Yoga Studio 2 ★	09:00 - 09:50 Cardio Step Studio 1 ★★	10:00 - 10:50 Pilates Studio 2 ★	10:15 - 11:05 Harris Barbell Lift Studio 1 ★	12:30 - 13:45 Yoga Studio 2 ★	17:30 - 17:55 John Harris HIIT Studio 1 ★	17:30 - 18:20 Pilates Studio 2 ★	18:00 - 18:25 Sixpack Workout Studio 1 ★	18:30 - 19:20 Cardio Step Studio 1 ★★	18:45 - 19:35 Stretching Studio 2 ★	18:45 - 19:35 Spin Intervall Spintudio ★	19:30 - 20:20 Bodywork Studio 1 ★★	
Mi	09:00 - 09:50 Bodywork Studio 1 ★★	10:00 - 10:50 Pilates & Stretch Studio 2 ★	10:15 - 11:00 Aqua Fitness Pool ★	14:00 - 14:50 Power Sculpt Studio 1 ★★	17:00 - 17:50 Back Health Studio 2 ★	18:00 - 18:45 Aqua Fitness Pool ★	18:15 - 19:05 Antara® Studio 2 ★	19:00 - 19:50 Total Body Studio 1 ★★	19:30 - 20:20 Spin Basic Spintudio ★	19:30 - 20:45 Yoga Studio 2 ★				
Do	08:30 - 08:55 Sixpack Workout Studio 1 ★	09:00 - 09:50 Zumba® Studio 1 ★	09:30 - 10:40 Antara® & Stretch Studio 2 ★	10:15 - 11:00 Aqua Fitness Pool ★	11:15 - 12:30 Studio 2 ★	17:00 - 17:50 Harris Barbell Lift Studio 1 ★★	18:00 - 18:50 Back Health Studio 2 ★	18:00 - 18:25 Core Training Studio 1 ★	18:30 - 19:20 Cardio Step Studio 1 ★★	19:00 - 19:50 Pilates Studio 2 ★	19:30 - 19:55 Sixpack Workout Studio 1 ★			
Fr	10:00 - 10:25 Sixpack Workout Studio 1 ★	10:30 - 11:20 Harris Barbell Lift Studio 1 ★★	12:30 - 13:20 Yogalates Studio 2 ★	16:45 - 17:10 Sixpack Workout Studio 1 ★	17:00 - 18:15 Yoga Studio 2 ★	17:15 - 18:05 Total Body Studio 1 ★★	17:30 - 18:20 Cross Country Spin Spintudio ★	18:30 - 19:20 Back Health & Stretch Studio 2 ★						
Sa	09:30 - 10:20 Back Health Studio 2 ★	10:00 - 10:50 Bodywork Studio 1 ★★	11:00 - 11:45 Aqua Fitness Pool ★	12:00 - 12:50 Spin Intervall Spintudio ★	12:30 - 13:45 Yoga Studio 2 ★	16:30 - 17:20 Back Health & Stretch Studio 2 ★	17:30 - 18:20 Power Sculpt Studio 1 ★★							
So	09:30 - 10:20 Harris Barbell Lift Studio 1 ★★	09:30 - 10:20 Pilates Studio 2 ★	10:45 - 11:35 Harris Barbell Lift Studio 1 ★★	10:45 - 12:00 Yoga Studio 2 ★	16:30 - 17:20 Pilates Studio 2 ★	17:30 - 18:20 Bodywork Studio 1 ★★	18:00 - 18:50 Spin Intervall Spintudio ★							

Categories

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

Level:

★ easy ★★ medium ★★★ hard