

MARGARETENPLATZ

COURSE 2025

Mon - Fri 06:30 - 23:00
 Sat, Sun, Holiday 09:00 - 21:00
 Valid from: 21.04.2025

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Mo	08:00 - 08:50 Wake Up Yoga Saal 1 ★	09:00 - 09:50 Bodywork Saal 1 ★	10:00 - 10:50 Back Health Saal 1 ★	11:00 - 11:45 Aqua Fitness Pool ★	13:30 - 15:00 Yoga Saal 1 ★★	17:50 - 18:40 Total Body Saal 2 ★★	18:00 - 18:50 Harris Barbell Lift Saal 1 ★	18:50 - 19:40 Cross Country Spin Saal 2 ★★	19:00 - 19:45 Aqua Fitness Pool ★	19:00 - 19:50 Back Health Saal 1 ★	20:00 - 20:50 Antara® Saal 1 ★	20:00 - 21:15 Yoga & Meditation Saal 2 ★
Di	07:30 - 08:20 Back Health Saal 1 ★	08:30 - 09:20 John Harris HIIT Saal 1 ★	09:30 - 10:20 Antara® Saal 1 ★	10:30 - 11:15 Aqua Fitness Pool ★	10:30 - 11:20 Zumba® Saal 1 ★	16:50 - 17:50 Harris Barbell Lift Saal 1 ★★	18:00 - 18:50 Cardio Dance Saal 2 ★★	18:00 - 18:50 Harris Kick Saal 1 ★	19:00 - 19:50 Bodywork Saal 1 ★	19:00 - 20:00 Yogalates Saal 2 ★		
Mi	10:00 - 10:50 Fatburning Saal 1 ★	11:00 - 11:25 Core Training Saal 1 ★	11:30 - 12:20 Stretching Saal 1 ★	16:00 - 16:50 Cardio Dance Saal 1 ★	17:45 - 18:45 Yoga Saal 1 ★	18:00 - 18:50 T-Bow® Bodyworkout Saal 2 ★	19:00 - 19:45 Aqua Fitness Pool ★	19:00 - 19:50 Spin Intervall Saal 2 ★★	19:00 - 19:50 Back Health & Stretch Saal 1 ★			
Do	07:30 - 08:20 Wake Up Yoga Saal 1 ★	10:30 - 11:20 TABRO® Bodywork Saal 1 ★	11:30 - 12:20 TABRO® Massage Saal 1 ★	12:30 - 13:20 Antara® Saal 1 ★	16:00 - 16:50 Back Health Saal 1 ★	17:00 - 17:50 Zumba® Saal 2 ★	18:00 - 18:25 Core Training Saal 2 ★	18:30 - 19:20 Antara® Strong Saal 1 ★★	19:30 - 20:40 Dance Special Saal 1 ★			
Fr	07:30 - 08:20 John Harris HIIT Saal 1 ★★	09:00 - 09:50 Harris Barbell Lift Saal 1 ★	10:00 - 10:50 Back Health & BeBo Saal 1 ★	12:00 - 12:50 Yogalates Saal 1 ★	13:00 - 13:50 Zumba® Saal 1 ★	17:30 - 18:30 Harris Barbell Lift Saal 1 ★★	18:40 - 19:30 Sixpack & Stretch Saal 1 ★	19:15 - 19:45 Float Fit® Pool ★★				
Sa	09:30 - 10:20 Pilates Saal 1 ★★	10:30 - 11:15 Aqua Fitness Pool ★	11:30 - 11:50 Sixpack & Stretch Saal 2 ★	12:00 - 13:15 Dance Hall Saal 1 ★	18:00 - 18:50 Bodywork Saal 1 ★	19:00 - 20:20 Hatha Yoga Saal 1 ★						
So	09:30 - 10:20 Back Health Saal 1 ★	09:45 - 11:05 Spin Endurance Saal 2 ★★	10:40 - 11:30 Yoga Saal 1 ★	11:20 - 12:05 Aqua Fitness Pool ★	11:45 - 12:35 Yoga Saal 1 ★★	12:15 - 12:45 Float Fit® Pool ★★	12:45 - 13:35 Meditate & Relaxe Saal 1 ★	16:30 - 17:50 Pilates & Stretch Saal 1 ★	18:00 - 19:15 Power Sculpt Saal 1 ★★			

Categories

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

Level:

★ easy
 ★★ medium
 ★★★ hard