

MARGARETENPLATZ

COURSE 2023

Mon - Fri 06:30 - 23:00
 Sat, Sun, Holiday 09:00 - 21:00
 Valid from: 20.03.2023

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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 TABRO@ Massage Saal 1 ★	11:00 - 11:45 Aqua Fitness Pool ★	13:30 - 15:00 Yoga Saal 1 ★	18:00 - 18:50 Total Body Saal 2 ★★	18:00 - 18:50 Harris Barbell Lift Saal 1 ★	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 John Harris Kick Saal 1 ★	19:00 - 19:50 Bodywork Saal 1 ★	19:00 - 20:00 Pilates & Stretch 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 ★	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 ★	17:30 - 18:20 John Harris Kick Saal 1 ★	18:00 - 18:25 Core Training Saal 2 ★	18:30 - 19:20 Antara@ Strong Saal 1 ★★	19:00 - 19:50 Cross Country Spin Saal 2 ★★	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 ★	18:00 - 19:00 Harris Barbell Lift Saal 1 ★★	19:10 - 20:00 Cardio Step 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 ★	10:00 - 11:20 Spin Endurance Saal 2 ★★	10:30 - 11:20 Yoga Saal 1 ★	11:30 - 12:15 Aqua Fitness Pool ★	11:30 - 12:20 Meditate & Relaxe Saal 1 ★	12:30 - 13:00 Float Fit@ Pool ★★	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