

# UNIQA TOWER COURSE 2023

Mon - Fri 07:00 - 22:00  
 Sat, Sun, Holiday 09:00 - 20:30  
 Valid from: 20.03.2023

Untere Donaustraße 21 | 1020 Wien  
 unica@johnharris.at  
 +43 1 2184747



Mo	08:00 - 08:50 Yoga Saal 1 ★	17:30 - 18:20 Power Sculpt Saal 1 ★★	18:30 - 19:20 Pilates Saal 1 ★
Di	18:00 - 18:55 Back Health Saal 1 ★	19:00 - 19:50 Step & Sculpt Saal 1 ★★	
Mi	07:30 - 08:20 Bodywork Saal 1 ★	18:00 - 18:50 Bodywork Saal 1 ★	19:00 - 20:15 Yoga Saal 1 ★
Do	17:30 - 17:55 Core Training Saal 1 ★	18:00 - 18:50 Total Body Saal 1 ★★	19:00 - 19:25 Stretching Saal 1 ★★
Fr	07:30 - 08:20 Back Health Saal 1 ★	16:00 - 16:50 Zumba® Saal 1 ★	17:00 - 17:50 Power Sculpt Saal 1 ★★
Sa	10:00 - 10:50 Bodywork Saal 1 ★	11:00 - 11:50 Pilates Saal 1 ★	
So	10:00 - 10:50 Total Body Saal 1 ★	11:00 - 11:50 Back Health Saal 1 ★	

## Categories

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

## Level:

★ easy
 ★★ medium
★★★ hard