

ATRIUM CITY CENTER

COURSE 2024

Mon – Fri 06:30 - 22:00
 Sat, Sun, Holiday 09:00 - 21:00
 Valid from: 15.04.2024

Mozartstraße 7-11 | 4020 Linz
 atrium.linz@johnharris.at
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| Mo | 07:00 - 07:55 Stretch & Mobility Saal 1 ★ | 08:00 - 08:55 Stretch & Mobility Saal 1 ★ | 09:00 - 09:55 Harris Barbell Lift Saal 1 ★★ | 10:00 - 10:55 Pilates Saal 1 ★ | 12:30 - 13:25 Tone Saal 1 ★★ | 16:30 - 17:25 Back Health Saal 2 ★ | 17:00 - 17:55 deepWORK/Tae BO Saal 1 ★★ | 17:30 - 18:25 Back Health Saal 2 ★ | 17:30 - 18:25 Indoor Cycle Spinstudio ★★ | 18:00 - 18:25 Sixpack Workout Saal 1 ★ | 18:30 - 19:25 Cardio Step Saal 2 ★★ | 18:30 - 19:25 Pilates Saal 1 ★ | 18:30 - 19:25 Indoor Cycle Spinstudio ★★ |
| Di | 08:00 - 08:55 Best Ager Fitness Saal 1 ★ | 09:00 - 09:55 Pilates Saal 2 ★ | 09:00 - 09:55 Tone Saal 1 ★ | 10:00 - 10:55 Back Health Saal 1 ★ | 10:00 - 11:15 Hatha Yoga Saal 2 ★ | 16:30 - 17:25 Zumba® Saal 1 ★ | 17:00 - 17:25 Sixpack Workout Saal 2 ★ | 17:30 - 18:25 Harris Barbell Lift Saal 1 ★★ | 17:30 - 18:25 Flow Yoga Saal 2 ★ | 18:30 - 19:25 Tae Bo Saal 1 ★★ | 18:30 - 19:45 Functional Area ★★★ | | |
| Mi | 06:45 - 07:40 Wake Up Cycle Spinstudio ★★ | 08:00 - 08:55 Stretch & Mobility Saal 1 ★ | 09:00 - 09:55 Stretch & Mobility Saal 1 ★ | 10:00 - 10:55 Tai Chi Saal 2 ★ | 10:00 - 10:55 Flexi Tone Saal 1 ★ | 16:30 - 17:25 Tone Saal 1 ★★ | 17:30 - 18:25 Harris Barbell Lift Saal 1 ★★ | 17:30 - 18:25 Stretch & Mobility Saal 2 ★ | 18:30 - 19:25 Flow Yoga Saal 2 ★★ | 18:30 - 19:25 Indoor Cycle Spinstudio ★★ | 18:30 - 19:25 Saal 1 ★★ | | |
| Do | 09:00 - 09:55 Cardio Step Saal 2 ★★★ | 09:00 - 09:55 Back Health Saal 1 ★ | 10:00 - 11:15 Yoga Saal 2 ★★ | 10:00 - 10:55 Harris Barbell Lift Saal 1 ★★ | 17:00 - 17:25 Sixpack Workout Saal 1 ★ | 17:30 - 18:25 Pilates Saal 1 ★★ | 17:30 - 18:25 Saal 2 ★ | 18:30 - 19:25 STRONG Nation™ Saal 1 ★★★★ | 18:30 - 20:00 Hatha Yoga Saal 2 ★★ | | | | |
| Fr | 09:00 - 09:55 Tone Saal 1 ★★ | 09:00 - 09:55 Saal 2 ★ | 10:00 - 10:55 Best Ager Fitness Saal 2 ★ | 10:00 - 10:55 Piloxing® Saal 1 ★★ | 11:00 - 11:55 Zumba® Saal 1 ★ | 15:30 - 16:25 Flexi Tone Saal 1 ★★ | 16:30 - 17:25 Harris Barbell Lift Saal 1 ★★ | 16:30 - 17:25 deepWORK™ Saal 2 ★★★ | 17:30 - 18:45 Saal 1 ★★ | | | | |
| Sa | 09:30 - 10:25 Wake Up Cycle Spinstudio ★★ | 09:30 - 10:25 Cardio Step Saal 2 ★★★ | 09:30 - 10:25 Saal 1 ★★ | 10:30 - 11:25 Harris Barbell Lift Saal 1 ★★ | 10:30 - 11:25 Find Your Balance Saal 2 ★ | | | | | | | | |
| So | 09:15 - 10:25 Flow Yoga Saal 2 ★★ | 09:30 - 10:25 Tone Saal 1 ★ | 10:30 - 10:55 Sixpack Workout Saal 1 ★ | 17:00 - 17:25 Sixpack Workout Saal 1 ★ | 17:30 - 18:25 STRONG Nation™ Saal 1 ★★★★ | 18:30 - 19:25 Harris Barbell Lift Saal 1 ★★ | | | | | | | |

Categories

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

Level:

★ easy ★★ medium ★★★ hard