

Club: **ATRIUM Linz**

Gültig ab: **20.09.2021**

**John Harris ATRIUM Linz**

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Mo-Fr: 06:30 – 23:00; Sa, So, Ftg.: 09:00 – 21:00

<b>Mo</b>	<b>Stretch &amp; Mobility</b> 08:00 - 08:55 ★ Saal 1	<b>Harris Barbell Lift</b> 09:00 - 09:55 ★★☆ Saal 1	<b>Pilates</b> 10:00 - 10:55 ★ Saal 1	<b>Tone</b> 12:30 - 13:25 ★★☆ Saal 1	<b>Back Health</b> 16:30 - 17:25 ★ Saal 2	<b>deepWORK/Tae BO</b> 17:00 - 17:55 ★★ Saal 1	<b>Back Health</b> 17:30 - 18:25 ★ Saal 2	<b>Sixpack Workout</b> 18:00 - 18:25 ★ Saal 1	<b>Indoor Cycle</b> 18:30 - 19:25 ★★☆ Spinstudio	<b>Pilates</b> 18:30 - 19:25 ★ Saal 1	<b>Cardio Step</b> 18:30 - 19:25 ★★ Saal 2	
<b>Di</b>	<b>Tone</b> 09:30 - 10:25 ★ Saal 1	<b>Pilates</b> 10:30 - 11:25 ★ Saal 1	<b>Harris Barbell Lift</b> 17:30 - 18:25 ★ Saal 1	<b>Sixpack Workout</b> 18:30 - 18:55 ★★☆ Saal 1								
<b>Mi</b>	<b>Wake up Cycle</b> 06:45 - 07:40 ★★☆ Spinstudio	<b>Stretch &amp; Mobility</b> 08:00 - 08:55 ★ Saal 1	<b>Stretch &amp; Mobility</b> 09:00 - 09:55 ★ Saal 1	<b>Cardio Dance</b> 09:00 - 09:55 ★ Saal 2	<b>Tai Chi</b> 10:00 - 10:55 ★ Saal 2	<b>Flexi Tone</b> 10:00 - 10:55 ★ Saal 1	<b>Tone</b> 16:30 - 17:25 ★★☆ Saal 1	<b>Stretch &amp; Mobility</b> 17:30 - 18:25 ★ Saal 2	<b>Harris Barbell Lift</b> 17:30 - 18:25 ★★☆ Saal 1	<b>Indoor Cycle</b> 18:30 - 19:25 ★★☆ Spinstudio	<b>Ski-Gym</b> 18:30 - 19:25 ★★☆ Saal 1	<b>Flow Yoga</b> 18:30 - 19:25 ★★☆ Saal 2
<b>Do</b>	<b>Cardio Step</b> 09:00 - 09:55 ★★ Saal 2	<b>Back Health</b> 09:00 - 09:55 ★ Saal 1	<b>Harris Barbell Lift</b> 10:00 - 10:55 ★★☆ Saal 1	<b>Hatha Yoga</b> 10:00 - 11:30 ★★☆ Saal 2	<b>Zumba®</b> 16:30 - 17:25 ★ Saal 1	<b>Sixpack Workout</b> 17:00 - 17:25 ★ Saal 2	<b>Pilates</b> 17:30 - 18:25 ★★☆ Saal 1	<b>Functional Training</b> 18:00 - 19:00 ★★☆ Funct. Area	<b>STRONG by Zumba®</b> 18:30 - 19:25 ★★★ Saal 1	<b>Hatha Yoga</b> 18:30 - 19:45 ★★★ Saal 2		
<b>Fr</b>	<b>Tone</b> 09:00 - 09:55 ★★☆ Saal 1	<b>NIA</b> 09:00 - 09:55 ★ Saal 2	<b>Zumba®</b> 10:00 - 10:55 ★ Saal 2	<b>Best Ager Fitness</b> 10:00 - 10:55 ★ Saal 1	<b>Flexi Tone</b> 15:30 - 16:25 ★★☆ Saal 1	<b>Harris Barbell Lift</b> 16:30 - 17:25 ★★☆ Saal 1	<b>deepWORK™</b> 16:30 - 17:25 ★★★ Saal 2	<b>bodyART®</b> 17:30 - 19:00 ★★☆ Saal 1				
<b>Sa</b>	<b>Cardio Step</b> 09:30 - 10:25 ★★ Saal 2	<b>Kondi Training</b> 09:30 - 10:25 ★★☆ Saal 1	<b>Wake up Cycle</b> 09:30 - 10:25 ★★☆ Spinstudio	<b>Find your Balance</b> 10:30 - 11:25 ★ Saal 2	<b>Harris Barbell Lift</b> 10:30 - 11:25 ★★☆ Saal 1	<b>Sixpack Circle</b> 17:15 - 18:00 ★★☆ Saal 1						
<b>So</b>	<b>Flow Yoga</b> 09:15 - 10:25 ★★☆ Saal 2	<b>Tone</b> 09:30 - 10:25 ★ Saal 1	<b>STRONG Nation</b> 10:30 - 11:25 ★★★ Saal 1	<b>STRONG Nation</b> 17:30 - 18:25 ★★★ Saal 1	<b>Harris Barbell Lift</b> 18:30 - 19:25 ★★☆ Saal 1							

**KATEGORIEN**

John Harris HIIT kicks & punches
  Ausdauer
  Special
  Pilates
  Power
  Yoga
  Radfahren
  Rücken
  Stretch
  Dance
  Aqua

**FARBliche KURS-MARKIERUNG**

neues Angebot
  Ausgefallen
  kurzfristige Änderung

**SCHWIERIGKEITSSTUFEN**

leicht
 

 mittel
 

 schwer