

Club: **Donaupark Linz**

Gültig ab: **20.09.2021**

John Harris Donaupark Linz

Untere Donaulände 21-25, 4020 Linz

+43 732 771 770, donaupark.linz@johnharris.at

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

Mo	Pilates 09:00 - 09:55 ★ Saal 1	Piloxing® 09:00 - 09:55 ★★☆ Saal 2	Zumba® 10:00 - 10:55 ★ Saal 2	Aqua Fitness 10:15 - 11:00 ★ Pool	LesMills Bodybalance 17:30 - 18:25 ★ Saal 1	Zumba® 17:30 - 18:25 ★ Saal 2	Indoor Cycle 17:30 - 18:25 ★★☆ Spinstudio	TRX Workout 18:00 - 18:45 ★★☆ Functional Area	LesMills Bodypump 18:30 - 19:25 ★★☆ Saal 1	Piloxing® 18:30 - 19:25 ★★☆ Saal 2	Indoor Cycle 18:30 - 19:25 ★★☆ Spinstudio
Di	Cardio Dance 09:30 - 10:25 ★ Saal 1	Aqua Fitness 10:45 - 11:30 ★ Pool	Ski-Gym 17:30 - 18:25 ★★☆ Saal 1	Cardio Dance 18:30 - 19:25 ★ Saal 1							
Mi	Wake up Cycle 06:45 - 07:40 ★★☆ Spinstudio	Step & Tone 09:00 - 09:55 ★ Saal 2	Hatha Yoga 09:00 - 10:30 ★ Saal 1	Aqua Fitness 10:15 - 11:00 ★ Pool	Ski-Gym 17:30 - 18:25 ★★☆ Saal 2	Flow Yoga 17:30 - 18:25 ★★ Saal 1	LesMills Bodypump 18:30 - 19:25 ★★☆ Saal 1	Functional Training 18:30 - 19:30 ★★ Functional Area			
Do	Tone 09:00 - 09:55 ★ Saal 1	Pilates 10:00 - 10:55 ★★☆ Saal 1	Tone 17:30 - 18:25 ★★ Saal 1	LesMills Bodybalance 17:30 - 18:25 ★ Saal 2	Pilates 18:30 - 19:25 ★★☆ Saal 2	Harris Barbell Lift 18:30 - 19:25 ★★☆ Saal 1	Indoor Cycle 18:30 - 20:00 ★★☆ Spinstudio				
Fr	Tone 09:00 - 09:55 ★ Saal 2	Back Health 09:00 - 09:55 ★ Saal 1	Aqua Fitness 10:15 - 11:00 ★ Pool	LesMills Bodypump 16:30 - 17:25 ★★☆ Saal 1							
Sa	Tone 09:30 - 10:25 ★★ Saal 1	STRONG Nation 09:30 - 10:25 ★★★ Saal 2	Aqua Fitness 10:30 - 11:15 ★★ Pool	Zumba® 10:30 - 11:25 ★ Saal 2	LesMills Bodybalance 10:30 - 11:25 ★ Saal 1	Sixpack Circle 17:00 - 17:45 ★★☆ Saal 1					
So	Yoga 09:15 - 10:25 ★★☆ Saal 1	Ski-Gym 09:30 - 10:25 ★★☆ Saal 2	Wake up Cycle 09:30 - 10:25 ★★☆ Spinstudio	Aqua Fitness 10:30 - 11:15 ★ Pool	Harris Barbell Lift 10:30 - 11:25 ★★☆ Saal 1	Power Rücken 17:30 - 18:25 ★ Saal 1	Stretch & Relax 18:30 - 19:00 ★ 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