

Club: **Thalia Graz**

Gültig ab: **27.10.2021**

John Harris Thalia Graz

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Mo-Fr: 06:30 - 22:00; Sa, So, Ftg.: 09:00 - 21:00

Mo	Functional Workout 09:30 - 10:00 ★★ Saal 1	Sixpack Workout 10:05 - 10:35 ★☆☆ Saal 1	Bootcamp 15:30 - 16:45 ★☆☆ Outdoor	Yoga 17:30 - 18:45 ★ Saal 1			
Di	Wake Up Yoga 07:00 - 08:00 ★ Saal 1	FIELD Senior Fitness 10:00 - 10:45 ★ Saal 1	Mobility 16:20 - 16:50 ★ Saal 1	Functional Training 17:00 - 17:30 ★★ Saal 1	LesMills Bodypump 18:45 - 20:00 ★☆☆ Saal 1	John Harris HIIT 20:05 - 20:35 ★★★ Saal 1	
Mi	LesMills Bodypump 07:00 - 08:00 ★☆☆ Saal 1	Aqua Fitness 09:00 - 10:00 ★ Pool	Back Health 10:15 - 11:15 ★ Saal 1	Hatha Yoga 16:30 - 17:50 ★ Saal 1	LesMills Bodypump 18:00 - 19:10 ★☆☆ Saal 1	LesMills Bodybalance 19:10 - 20:15 ★ Saal 1	
Do	John Harris HIIT 07:00 - 07:30 ★★★ Saal 1	Sixpack Workout 07:35 - 08:00 ★☆☆ Saal 1	FIELD Senior Fitness 10:00 - 10:45 ★ Saal 1	Pilates 16:30 - 17:30 ★ Saal 1	John Harris HIIT 17:45 - 18:15 ★★★ Saal 1	Sixpack Workout 18:20 - 18:50 ★☆☆ Saal 1	
Fr	LesMills Bodypump 07:00 - 08:00 ★☆☆ Saal 1	Pilates 09:30 - 10:45 ★ Saal 1	Faszien Training 10:45 - 11:15 ★ Saal 1	Schwimtraining 13:30 - 14:30 ★ Pool	Ashtanga Yoga 14:30 - 15:45 ★☆☆ Saal 1	LesMills Bodypump 16:15 - 17:30 ★☆☆ Saal 1	John Harris HIIT 17:30 - 18:00 ★★★ Saal 1
Sa	Sixpack Workout 09:30 - 10:00 ★☆☆ Saal 1	Functional Workout 10:15 - 10:50 ★★ Saal 1	LesMills Bodybalance 10:50 - 12:00 ★ Saal 1				
So	Functional Circle 09:30 - 10:00 ★☆☆ Saal 1	Aqua Fitness 09:30 - 10:30 ★ Pool	Sixpack Workout 10:05 - 10:35 ★☆☆ Saal 1	Iyengar Yoga 10:40 - 11:55 ★ Saal 1	Yoga 18:15 - 19:30 ★ 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