

Kursplan: Trainingsraum

03.08.2020 - 09.08.2020

OASE – Das Gesundheitszentrum
 An den Teichen 15b
 04916 Herzberg
 035 35 / 22 333
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Montag 03.08.2020	Dienstag 04.08.2020	Mittwoch 05.08.2020	Donnerstag 06.08.2020	Freitag 07.08.2020	Samstag 08.08.2020	Sonntag 09.08.2020
09:00 - 10:30 Fitnesstraining	15:00 - 17:00 Fitnesstraining	09:00 - 10:30 Fitnesstraining	15:00 - 17:00 Fitnesstraining	09:00 - 10:30 Fitnesstraining		
10:30 - 12:00 Fitnesstraining	17:00 - 19:00 Fitnesstraining	10:30 - 12:00 Fitnesstraining	17:00 - 19:00 Fitnesstraining	10:30 - 12:00 Fitnesstraining		
15:00 - 17:00 Fitnesstraining	19:00 - 21:45 Fitnesstraining	15:00 - 17:00 Fitnesstraining	19:00 - 21:45 Fitnesstraining	15:00 - 17:30 Fitnesstraining		
17:00 - 19:00 Fitnesstraining		17:00 - 19:00 Fitnesstraining		17:30 - 20:15 Fitnesstraining		
19:00 - 21:45 Fitnesstraining		19:00 - 21:45 Fitnesstraining				

- Dr. Wolff-Kurs
- Qi Gong
- Step
- Yoga
- Kinder-Reha
- Rehabilitationss...
- Tai Chi
- Krafttraining
- Sauna
- Trainingsfläche
- Power
- Spinning
- Wirbelsäule 1 - ...

Stand: 09.08.2020