

Kursplan: Trainingsraum

17.01.2022 - 23.01.2022

OASE – Das Gesundheitszentrum
 An den Teichen 15b
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 035 35 / 22 333
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Montag 17.01.2022	Dienstag 18.01.2022	Mittwoch 19.01.2022	Donnerstag 20.01.2022	Freitag 21.01.2022	Samstag 22.01.2022	Sonntag 23.01.2022
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
- Kinder-Reha
- Krafttraining
- Power
- Qi Gong
- Rehabilitationss...
- Sauna
- Spinning
- Step
- Tai Chi
- Trainingsfläche
- Wirbelsäule 1 - ...
- Yoga

Stand: 20.01.2022