

Kursplan: Kursraum

18.11.2024 - 24.11.2024

Sportpark Oschatz
Blomberger Str. 7
04758 Oschatz
03435 90370
sportpark-oschatz@hotmail.de



Montag 18.11.2024	Dienstag 19.11.2024	Mittwoch 20.11.2024	Donnerstag 21.11.2024	Freitag 22.11.2024	Samstag 23.11.2024	Sonntag 24.11.2024
<div style="background-color: #ff0000; padding: 5px; margin-bottom: 5px;">17:15 - 18:00 Reha-Sport Patrick</div> <div style="background-color: #00ff00; padding: 5px; margin-bottom: 5px;">18:00 - 19:00 Pump Lia</div> <div style="background-color: #00ff00; padding: 5px;">19:30 - 20:30 Pump Lia</div>	<div style="background-color: #00ff00; padding: 5px; margin-bottom: 5px;">09:00 - 09:45 Fit im Alter Claudia</div> <div style="background-color: #ff0000; padding: 5px; margin-bottom: 5px;">10:00 - 10:45 Reha-Sport Claudia</div> <div style="background-color: #00ff00; padding: 5px; margin-bottom: 5px;">17:00 - 18:00 Pump Nico</div> <div style="background-color: #0000ff; padding: 5px;">18:00 - 19:00 Rücken Fit Patrick</div>	<div style="background-color: #ff0000; padding: 5px; margin-bottom: 5px;">11:00 - 11:45 Reha-Sport Claudia</div> <div style="background-color: #ff0000; padding: 5px; margin-bottom: 5px;">16:00 - 16:45 Reha-Sport Patrick</div> <div style="background-color: #ff0000; padding: 5px; margin-bottom: 5px;">17:00 - 17:45 Reha-Sport Patrick</div> <div style="background-color: #00ff00; padding: 5px; margin-bottom: 5px;">17:45 - 18:45 HIIT the Beat Bettina</div> <div style="background-color: #ffa500; padding: 5px;">19:00 - 20:00 Indoor Cycling Spez... Sascha</div>	<div style="background-color: #00ff00; padding: 5px; margin-bottom: 5px;">09:00 - 09:45 Fit im Alter Claudia</div> <div style="background-color: #ff0000; padding: 5px; margin-bottom: 5px;">10:30 - 11:15 Reha-Sport Claudia</div> <div style="background-color: #00ff00; padding: 5px; margin-bottom: 5px;">17:00 - 18:00 Pump Nico</div> <div style="background-color: #0000ff; padding: 5px;">18:00 - 19:00 Rücken Fit Patrick</div>	<div style="background-color: #ff0000; padding: 5px; margin-bottom: 5px;">10:00 - 10:45 Reha-Sport (Lunge/H... Kai</div> <div style="background-color: #ff0000; padding: 5px;">15:00 - 15:45 Reha-Sport (Lunge/H... Kai</div>		

- Figurstraffung/G...
- Functional Train...
- Herz-Kreislauf-T...
- Körper & Entspan...
- Reha
- Rücken & Gesundh...
- Trainingsfläche

Stand: 21.11.2024