



AKTUELLE KURSINFORMATIONEN  
JEDERZEIT AUCH VERFÜGBAR ÜBER KURSPLAN DER  
**FITNESS-OASE-APP**



Stand: 02/2020

**KURSPLAN**  
**ZWIESEL**

FITNESSOASE ZWIESEL  
REGENER STR. 8

FITNESSOASE ZWIESEL  
Mo-Fr 06:00-21:00  
Sa, So 06:00-19:00  
BETREUTE ZEITEN  
Mo, Mi, Fr 08:30-11:00  
Mo, Mi 14:00-21:00  
Fr 17:30-21:00  
Sa 16:00-19:00

|       | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|-------|--------|----------|----------|------------|---------|
| 09:00 |        |          |          |            |         |
| 10:00 |        |          |          |            |         |
|       |        |          |          |            |         |

| 16:00 |                        | \$40/44 REHA<br>16:00-16:45    | Jumping Fitness<br>16:00-17:00 |                                |                        |
|-------|------------------------|--------------------------------|--------------------------------|--------------------------------|------------------------|
| 17:00 | Zumba<br>17:00-18:00   |                                |                                |                                |                        |
| 18:00 | Cycling<br>18:00-19:00 | Jumping Fitness<br>18:00-19:00 | Cycling<br>18:00-19:00         | \$40/44 REHA<br>18:00-18:45    | Cycling<br>18:15-19:15 |
|       | HIIT<br>18:30-19:30    |                                |                                |                                |                        |
| 19:00 |                        | \$40/44 REHA<br>19:00-19:45    |                                | Jumping Fitness<br>19:00-20:00 |                        |
|       |                        |                                |                                |                                |                        |