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MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
8:15-9:00 (B) + PILATES Petra	8:15-9:00 (B) + 9:15-10:00 (B) + REHA ORTHO Andrea A.	8:15-9:00 (B) + REHA ORTHO Charlotte	8:15-9:00 (B) + 9:15-10:00 (B) + REHA ORTHO Andrea A.			
9:15-10:00 (B) + PILATES Petra		9:15-10:00 (B) + REHA ORTHO Charlotte	08:30-09:30 (A) +++ Pilates Petra			
			10:00-10:45 (düb) ++ Aqua Fitness Petra			
		14:00-14:45 (düb) + WASSERGYMNASTIK Andrea A.	10:45-11:30 (düb) ++ Aqua Fitness Petra			
		14:45-15:30 (düb) + WASSERGYMNASTIK Andrea A.				
		15.30 -16:15 (düb) + WASSERGYMNASTIK Andrea A.				
			16:00-17:30 (PP) + SPORT DER ÄLTEREN Paulus			
16:45-17:45 (A) + KuRT 50 + Anne		16:45-17:45 (A) + YOGA Claudia	18:00-18:45 (B) + YOGA Cati			
17:30-18:15 (düb) + 18:15-19:00 (düb) + WASSERGYMNASTIK Petra		18:00-19:00 (B) + YOGA Claudia	19:00-19:45 (B) +++ Pilates Cati	17:30-18:30 (B) +++ INDOOR CYCLING Andrea E.		
18:00-18:45 (A) + REHA ORTHO Cati	18:00-18:45 (B) + REHA ORTHO Petra	18:00-18:45 (A) ++ REHA ORTHO Ellen	19:00-20:00 (A) +++ XCO®-FITNESS Andrea E.	18:00-18:45 (PP) + XXL-SANFTES KRAFTTRAINING Constanze		
18:15-19:00 (PP) + REHA NEUROLOGIE Anne W.	19:00-19:45 (B) + REHA ORTHO Constanze	19:00-19:45 (A) ++ FUNCTIONAL FITNESS Anne W.	20:00-22:00 (PP) + FITNESS GYMNASTIK FÜR ÄLTERE Ingried	19:00-19:45 (PP) ++ REHA AKTIV Constanze		
19:00-20:00 (A) ++ Langhantel Mix Cati	19:00-19:45 (A) ++ FASZIEN TRAINING Petra	20:00-20:45 (A) ++ Reha AKTIV Anne W.	20:00-21:00 (B) + Yoga Claudia			
20:00-21:30 (B)+++ Indoor Cycling Tabata Mix Sascha	20:00-21:00 (A) +++ MyDao Andrea E.	20:00-21:00 (B)++ CrossTabata Mix Sascha	20:15-21:15 (A) +++ HIIT/Tabata Ellen			
		19:30-20:15 (düb) ++ Aqua Fitness Constanze				