


Weitere Infos unter www.tvduelmen.de

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.	<div style="display: flex; align-items: flex-start;"> <div style="margin-right: 10px;"> <div style="width: 15px; height: 15px; background-color: #ADD8E6; border: 1px solid black; margin-bottom: 5px;"></div> Reha-Sport <div style="width: 15px; height: 15px; background-color: #FFA500; border: 1px solid black; margin-bottom: 5px;"></div> Kursangebot <div style="width: 15px; height: 15px; background-color: #FFFFFF; border: 1px solid black; margin-bottom: 5px;"></div> Fitness </div> <div style="font-size: 0.8em;"> += leichte Intensität ++ = mittlere Intensität +++ = hohe Intensität (düb) = Schwimmbad düb (PP) = Peter Pan Sporthalle (RvW) = Richard-von-Weizsäcker Sporthalle (A) = fitnessARENA (Eingang "Neue Spinnerei") (B) = aktivBOX (Eingang Vereinsheim) (P) Parkplatz Eingang Vereinsheim (W) Treffpunkt Eingang Wildpark / = nur für Frauen/Männer </div> <div style="margin-left: 20px; text-align: center;">  </div> </div>		
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.	19:00-20:30 (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					