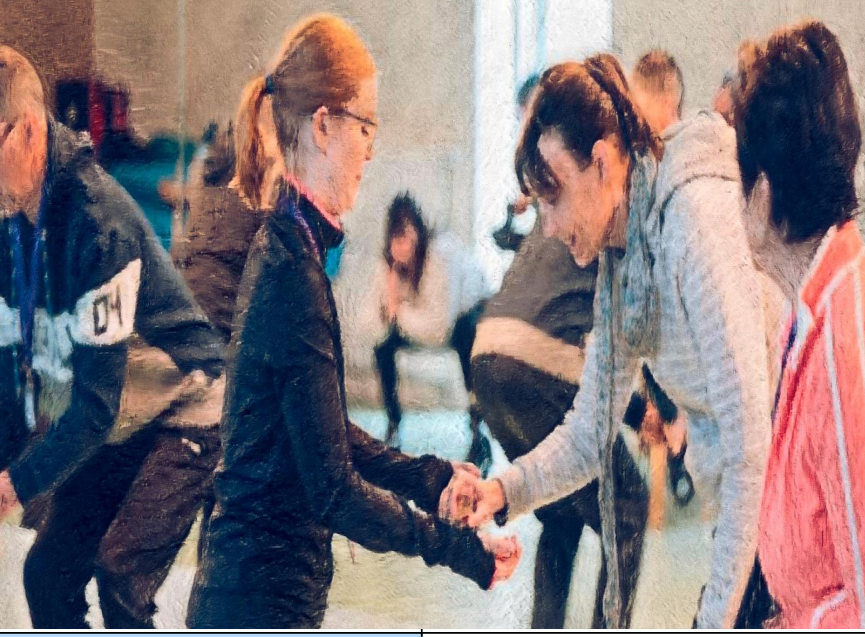




Gesundheits- und Fitnessangebote be active ab 06.01.2025

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
8:15-9:00 (A) + 9:15-10:00 (A) + PILATES Petra	8:15-9:00 (B) + 9:15-10:00 (B) + REHA ORTHO Andrea A.	8:15-9:00 (B) + 9:00-9:45 (B) + REHA ORTHO Cati	8:30-9:15 (B) + 9:30-10:15 (B) + REHA ORTHO Andrea A.	
			08:30-09:30 (A) ++ PILATES Petra	
			10:00-10:45 (düb) ++ AQUA FITNESS Petra	
			10:45-11:30 (düb) + WASSERGYMNASTIK Petra	
		14:00-14:45 (düb) + WASSERGYMNASTIK Andrea A.		
		14:45-15:30 (düb) + WASSERGYMNASTIK Andrea A.		
		15.30 -16:15 (düb) + WASSERGYMNASTIK Daniela M.		
16:45-17:45 (PP) + KuRT 50 + Anne		16:45-17:45 (A) + YOGA Claudia	16:00-17:30 (PP) + SPORT DER ÄLTEREN Paulus	
17:30-18:15 (düb) + 15-19:00 (düb) + WASSERGYMNASTIK Petra	18:00-18:45 (B) + SANFTE FITNESS Daniela	18:00-19:00 (A) + YOGA Claudia	18:00-18:45 (B) + YOGA Cati	
18:00-18:45 (B) + REHA ORTHO Cati	18:00-18:45 (A) + REHA ORTHO Petra	18:00-18:45 (B) ++ REHA ORTHO Ellen	19:00-19:45 (B) ++ PILATES Cati	17:30-18:30 (B) +++ INDOOR CYCLING Andrea E.
18:00-18:45 (PP) + REHA NEUROLOGIE Anne W.	19:00-19:45 (B) + RÜCKENFITNESS Constanze	19:00-19:45 (A) ++ FUNCTIONAL FITNESS Anne W.	18:55-19:55 (A) +++ XCO@-FITNESS Andrea E.	
19:00-20:00 (A) +++ WORKOUT MIX Cati	19:00-19:45 (A) ++ FASZIEN TRAINING Petra	19:30-20:15 (düb) ++ AQUA FITNESS Constanze	19:00-20:30 (PP) + FITNESS GYMNASTIK FÜR ÄLTERE Ingried	
20:00-21:30 (B)+++ INDOOR CYCLING TABATA MIX Sascha	20:00-21:00 (A) +++ MYDAO Andrea E.	20:00-20:45 (A)++ REHA AKTIV Anne W.	20:00-21:00 (B) + YOGA Claudia	
		20:00-21:00 (B)+++ CROSSTABATA MIX Sascha	20:00-21:00 (A) +++ BBP Ellen	

Rehasport
Kursangebot
Fitness

+ = leichte Intensität
++ = mittlere Intensität
+++ = hohe Intensität

(düb) = Schwimmbad düb
(PP) = Peter Pan Sporthalle
(A) = fitnessARENA (Eingang Vereinsheim)
(B) = aktivBOX (Eingang Vereinsheim)

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