

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 Alexandra | 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 | 10:00-10:45 (düb) + Aqua Fitness Alexandra | | | | |
| | | | 10:45-11:30 (düb) + Aqua Fitness Alexandra | | | | |
| | | 14:00-14:45 (düb) + WASSERGYMNASTIK Andrea A. | | | | | |
| | | 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 60 + Anne | | | 18:00-18:45 (B) + YOGA Cati | | | | |
| 17:30-18:15 (düb) + 18:15-19:00 (düb) + WASSERGYMNASTIK Petra | | | 19:00-20:00 (A) +++ XCO®-FITNESS Andrea E. | 17:30-18:30 (B) +++ INDOOR CYCLING Andrea E. |  | | |
| 18:00-18:45 (A) + REHA ORTHO | 18:00-18:45 (B) + REHA ORTHO Petra | 16:45-17:45 (B) + YOGA Claudia | 19:00-20:00 (B) +++ INDOOR CYCLING Sascha | 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 | 18:00-18:45 (A) ++ REHA ORTHO Ellen | 20:00-22:00 (PP) + FITNESS GYMNASTIK FÜR ÄLTERE Ingrid | 19:00-19:45 (PP) ++ REHA AKTIV Constanze | | | |
| 19:00-20:00 (A) ++ Workout Mix Cati | 19:00-19:45 (A) ++ FASZIEN TRAINING Petra | 19:00-19:45 (B) ++ FUNCTIONAL FITNESS Anne W. | 20:15-21:00 (B) + PILATES Cati | 17:30-18:30 (A) ++ Yoga Einsteiger Claudia | | | |
| 20:00-21:15 (A)+++ Indoor Cycling Tabata Mix Sascha | 20:00-21:00 (A) +++ XCO®-FITNESS Andrea E. | 20:00-20:45 (A)++ Reha AKTIV Anne W. | 20:15-21:15 (A) +++ HIIT/Tabata Ellen | 18:45-19:45 (A) ++ Yoga Einsteiger Claudia | | | |
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