

Unser Kursangebot

Wellinghofer Amtsstr. 33
44265 Dortmund

Tel.: 0231 / 29 27 80 - 25
Mail: mail@praevent-physio.de

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
08:00 – 08:30					
08:30 – 09:00					
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18:00 – 18:30	Pilates	Rückenfit	Pilates		
18:30 – 19:00	Saskia	Louis	Saskia		
19:00 – 19:30	Pilates	Faszien Fitness	Pilates		
19:30 – 20:00	Josephin	Louis	Josephin		

