



Montag	Dienstag	Mittwoch	Donnerstag	Freitag
<p><b>08:45 - 09:10</b> Sitzgymnastik Manuela <i>Hector Saal</i></p>	<p><b>10:15 - 10:55</b> Stretching Manuela <i>Gym 1</i></p>	<p><b>09:15 - 10:10</b> Seniorenfitness Manuela <i>Gym 1</i></p>	<p><b>09:00 - 09:55</b> Osteoporose- prophylaxe Dagmar <i>Gym 1</i></p>	<p><b>08:45 - 09:10</b> Sitzgymnastik Manuela <i>Hector Saal</i></p>
<p><b>09:15 - 09:55</b> Seniorenfitness Manuela <i>Hector Saal</i></p>		<p><b>10:15 - 11:10</b> Seniorenfitness Manuela <i>Hector Saal</i></p>		<p><b>09:15 - 09:55</b> Stretching Manuela <i>Hector Saal</i></p>
<p><b>10:00 - 10:30</b> Geräteausdauer Manuela <i>Gym 2</i></p>		<p><b>11:15 - 12:15</b> Training bei Demenz Manuela &amp; Silke <i>Kinderland</i></p>		<p><b>10:00 - 10:55</b> Ballsport für Senioren Maike <i>Kinderland</i></p>