



| Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|--|---|---|---|--|
| <p>08:45 - 09:10 Sitzgymnastik Manuela <i>Hector Saal</i></p> | <p>10:15 - 10:55 Stretching Manuela <i>Gym 1</i></p> | <p>09:15 - 10:10 Seniorenfitness Manuela <i>Gym 1</i></p> | <p>09:00 - 09:55 Osteoporose- prophylaxe Dagmar <i>Gym 1</i></p> | <p>08:45 - 09:10 Sitzgymnastik Manuela <i>Hector Saal</i></p> |
| <p>09:15 - 09:55 Seniorenfitness Manuela <i>Hector Saal</i></p> | | <p>10:15 - 11:10 Seniorenfitness Manuela <i>Hector Saal</i></p> | | <p>09:15 - 09:55 Stretching Manuela <i>Hector Saal</i></p> |
| <p>10:00 - 10:30 Geräteausdauer Manuela <i>Gym 2</i></p> | | <p>11:15 - 12:00 Training gegen das Vergessen Manuela & Silke <i>Halle 1</i></p> | | |