

# ZEITPLAN Funktionstraining

Zeiten	Montag	Dienstag	Mittwoch	Donnerstag
8:30 – 9:00			Back Basics Susanne Thureau	
8:45 – 9:15	Back Basics Susanne Thureau		Senioren Susanne Thureau 09:15 - 09:45	
9:30 – 10:00	Back Basics Susanne Thureau		Senioren Susanne Thureau 10:00 - 10:30	
18:15 – 18:45	Knie & Hüfte Anne Drewes		Back Basics Carina Schmidt	HWS Susanne Thureau
18:45 – 19:15		Back Basics Anne Drewes		
19:00 – 19:30	Back Basics Anne Drewes		Back Basics Carina Schmidt	
19:30 – 20:00		HWS Anne Drewes		
19:45 – 20:15			HWS Carina Schmidt	

Stand: 09.11.2016