

Kursplan

18.11.2024 - 24.11.2024

FT-CLUB Schleusingen
 Königstraße 8
 98553 Schleusingen
 036841 544199
 info@ft-club-schleusingen.de



| Montag 18.11.2024 | Dienstag 19.11.2024 | Mittwoch 20.11.2024 | Donnerstag 21.11.2024 | Freitag 22.11.2024 | Samstag 23.11.2024 | Sonntag 24.11.2024 |
|---------------------------|----------------------------------|----------------------------------|---------------------------|---|--------------------|---------------------------|
| 08:00 - 09:00 Movement | 10:00 - 11:00 Mobility | 14:30 - 15:30 Movement | 10:00 - 11:00 Mobility | 06:00 - 07:00 Functional Yoga | | 10:00 - 11:00 Movement |
| 10:00 - 11:00 Mobility | 16:15 - 17:15 Movement | 15:45 - 16:45 Strength | 15:45 - 16:45 Strength | 08:00 - 09:00 Movement | | 11:15 - 12:15 Strength |
| 17:00 - 18:00 Movement | 17:30 - 19:00 Strength + Burn | 17:00 - 18:00 Mobility | 17:00 - 18:00 Movement | 15:00 - 16:30 Strength + Burn | | |
| 18:15 - 19:15 Movement | 19:30 - 20:30 Movement | 18:15 - 19:15 Functional Yoga | 18:15 - 19:15 Mobility | 16:45 - 17:45 Movement | | |
| 19:30 - 20:30 Strength | | 19:30 - 20:30 Mobility | 19:30 - 20:30 Strength | 18:00 - 19:30 Mobility + Strength... | | |

- BURN
- Functional Yoga
- MOBILITY
- MOVEMENT
- STRENGTH

Stand: 21.11.2024