

# Kursplan

01.06.2026 - 07.06.2026

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



Montag 01.06.2026	Dienstag 02.06.2026	Mittwoch 03.06.2026	Donnerstag 04.06.2026	Freitag 05.06.2026	Samstag 06.06.2026	Sonntag 07.06.2026
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		08:45 - 09:45 Mobility
10:00 - 11:00 Mobility	15:45 - 16:45 Movement	15:45 - 16:45 Strength	15:45 - 16:45 Strength	08:00 - 09:00 Movement		10:00 - 11:00 Movement
17:00 - 18:00 Movement	17:00 - 18:00 Strength	17:00 - 18:00 Mobility	17:00 - 18:00 Movement	15:30 - 16:30 Mobility		11:15 - 12:15 Strength
18:15 - 19:15 Movement	18:15 - 19:15 Mobility	19:30 - 20:30 Mobility	18:15 - 19:15 Mobility	16:45 - 17:45 Movement		
19:30 - 20:30 Strength	19:30 - 20:30 Movement		19:30 - 20:30 Strength	18:00 - 19:00 Strength		

- BURN
- Functional Yoga
- MOBILITY
- MOVEMENT
- STRENGTH

Stand: 04.06.2026