

# Kursplan

20.04.2026 - 26.04.2026

FT-CLUB Schleusingen  
 Königstraße 8  
 98553 Schleusingen  
 036841 544199  
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Montag 20.04.2026	Dienstag 21.04.2026	Mittwoch 22.04.2026	Donnerstag 23.04.2026	Freitag 24.04.2026	Samstag 25.04.2026	Sonntag 26.04.2026
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: 20.04.2026