

Kursplan

20.01.2025 - 26.01.2025

FT-CLUB Schleusingen
 Königstraße 8
 98553 Schleusingen
 036841 544199
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Montag 20.01.2025	Dienstag 21.01.2025	Mittwoch 22.01.2025	Donnerstag 23.01.2025	Freitag 24.01.2025	Samstag 25.01.2025	Sonntag 26.01.2025
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: 23.01.2025