

Kursplan

15.06.2026 - 21.06.2026

FT-CLUB Schleusingen
 Königstraße 8
 98553 Schleusingen
 036841 544199
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Montag 15.06.2026	Dienstag 16.06.2026	Mittwoch 17.06.2026	Donnerstag 18.06.2026	Freitag 19.06.2026	Samstag 20.06.2026	Sonntag 21.06.2026
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: 16.06.2026