Kursplan

02.11.2026 - 08.11.2026

FT-CLUB Wehlheiden
Kohlenstr. 19
34121 Kassel

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info@ft-club-wehlheiden.de

Montag 02.11.2026	Dienstag 03.11.2026	Mittwoch 04.11.2026	Donnerstag 05.11.2026	Freitag 06.11.2026	Samstag 07.11.2026	Sonntag 08.11.2026
17:00 - 18:00 Burn	06:30 - 07:30 Burn	16:45 - 17:45 Strength	06:30 - 07:30 Burn	16:30 - 17:30 Movement	09:00 - 10:30 Hyrox	16:15 - 17:15 Strength
18:15 - 19:15 Strength	07:35 - 08:35 Strength	18:00 - 19:30 Hyrox	07:35 - 08:35 Strength	17:45 - 18:45 Burn		17:30 - 18:30 Burn 40:20
19:30 - 21:00 Open GYM	17:45 - 18:45 Burn 40:20		17:00 - 17:45 Mobility	19:00 - 20:30 Open GYM		
			18:00 - 19:00 Strength			
			19:15 - 20:15 Burn			

Stand: 04.11.2026

BURN
Hyrox
MOBILITY
MOVEMENT
Open GYM
STRENGTH