

Kursplan

18.05.2026 - 24.05.2026

FT-CLUB Wehlheiden
 Kohlenstr. 19
 34121 Kassel
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 info@ft-club-wehlheiden.de



Montag 18.05.2026	Dienstag 19.05.2026	Mittwoch 20.05.2026	Donnerstag 21.05.2026	Freitag 22.05.2026	Samstag 23.05.2026	Sonntag 24.05.2026
<div data-bbox="114 376 369 451">17:00 - 18:00 Burn</div> <div data-bbox="114 464 369 539">18:15 - 19:15 Strength</div> <div data-bbox="114 552 369 627">19:30 - 21:00 Open GYM</div>	<div data-bbox="405 376 660 451">06:30 - 07:30 Burn</div> <div data-bbox="405 464 660 539">07:35 - 08:35 Strength</div> <div data-bbox="405 552 660 627">17:45 - 18:45 Burn 40:20</div>	<div data-bbox="696 376 952 451">16:45 - 17:45 Strength</div> <div data-bbox="696 464 952 539">18:00 - 19:30 Hyrox</div>	<div data-bbox="987 376 1243 451">06:30 - 07:30 Burn</div> <div data-bbox="987 464 1243 539">07:35 - 08:35 Strength</div> <div data-bbox="987 552 1243 627">17:00 - 17:45 Mobility</div> <div data-bbox="987 639 1243 715">18:00 - 19:00 Strength</div> <div data-bbox="987 727 1243 802">19:15 - 20:15 Burn</div>	<div data-bbox="1279 376 1534 451">16:30 - 17:30 Movement</div> <div data-bbox="1279 464 1534 539">17:45 - 18:45 Burn</div> <div data-bbox="1279 552 1534 627">19:00 - 20:30 Open GYM</div>	<div data-bbox="1570 376 1825 451">09:00 - 10:30 Hyrox</div>	<div data-bbox="1861 376 2116 451">16:15 - 17:15 Strength</div> <div data-bbox="1861 464 2116 539">17:30 - 18:30 Burn 40:20</div>

- BURN
- Hyrox
- MOBILITY
- MOVEMENT
- Open GYM
- STRENGTH

Stand: 19.05.2026