

Kursplan

29.06.2026 - 05.07.2026

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



Montag 29.06.2026	Dienstag 30.06.2026	Mittwoch 01.07.2026	Donnerstag 02.07.2026	Freitag 03.07.2026	Samstag 04.07.2026	Sonntag 05.07.2026
<div data-bbox="107 373 369 451">17:00 - 18:00 Burn</div> <div data-bbox="107 459 369 537">18:15 - 19:15 Strength</div> <div data-bbox="107 545 369 624">19:30 - 21:00 Open GYM</div>	<div data-bbox="398 373 660 451">06:30 - 07:30 Burn</div> <div data-bbox="398 459 660 537">07:35 - 08:35 Strength</div> <div data-bbox="398 545 660 624">17:45 - 18:45 Burn 40:20</div>	<div data-bbox="689 373 952 451">16:45 - 17:45 Strength</div> <div data-bbox="689 459 952 537">18:00 - 19:30 Hyrox</div>	<div data-bbox="981 373 1243 451">06:30 - 07:30 Burn</div> <div data-bbox="981 459 1243 537">07:35 - 08:35 Strength</div> <div data-bbox="981 545 1243 624">17:00 - 17:45 Mobility</div> <div data-bbox="981 632 1243 710">18:00 - 19:00 Strength</div> <div data-bbox="981 718 1243 796">19:15 - 20:15 Burn</div>	<div data-bbox="1272 373 1534 451">16:30 - 17:30 Movement</div> <div data-bbox="1272 459 1534 537">17:45 - 18:45 Burn</div> <div data-bbox="1272 545 1534 624">19:00 - 20:30 Open GYM</div>	<div data-bbox="1563 373 1825 451">09:00 - 10:30 Hyrox</div>	<div data-bbox="1854 373 2116 451">16:15 - 17:15 Strength</div> <div data-bbox="1854 459 2116 537">17:30 - 18:30 Burn 40:20</div>

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

Stand: 03.07.2026