

Kursplan

16.05.2022 - 22.05.2022

FT-CLUB Wehlheiden
Kohlenstr. 19
34121 Kassel
+49 175 2432666
info@ft-club-wehlheiden.de



Montag 16.05.2022	Dienstag 17.05.2022	Mittwoch 18.05.2022	Donnerstag 19.05.2022	Freitag 20.05.2022	Samstag 21.05.2022	Sonntag 22.05.2022
<p>07:00 - 08:00 Movement</p>	<p>09:00 - 10:00 Mobility</p>	<p>07:00 - 08:00 Movement</p>	<p>10:00 - 11:00 Mobility</p>	<p>08:00 - 09:00 Movement</p>		
<p>08:30 - 09:30 Mobility</p>	<p>10:15 - 11:15 Burn</p>	<p>08:30 - 09:30 Burn</p>	<p>17:00 - 18:00 Mobility</p>	<p>09:15 - 10:15 Strength</p>		
<p>10:00 - 11:00 Strength</p>	<p>17:00 - 18:00 Mobility</p>	<p>17:00 - 18:00 Movement</p>	<p>18:15 - 19:15 Burn</p>	<p>17:15 - 18:15 Burn</p>		
<p>17:00 - 18:00 Movement</p>	<p>18:15 - 19:15 Strength</p>	<p>18:15 - 19:15 Strength</p>				
<p>18:15 - 19:15 Strength</p>		<p>19:30 - 20:30 Burn</p>				

 BURN  MOBILITY  MOVEMENT  STRENGTH

Stand: 21.05.2022