


Kursplan

05.08.2024 - 11.08.2024

FT-CLUB Wehlheiden
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Montag 05.08.2024	Dienstag 06.08.2024	Mittwoch 07.08.2024	Donnerstag 08.08.2024	Freitag 09.08.2024	Samstag 10.08.2024	Sonntag 11.08.2024
<p>17:00 - 18:00 Movement</p>	<p>06:30 - 07:30 Strength</p>	<p>16:45 - 17:45 Strength</p>	<p>06:30 - 07:30 Strength</p>	<p>16:30 - 17:30 Movement</p>		
<p>18:15 - 19:15 Strength</p>	<p>07:35 - 08:35 Strength</p>	<p>18:00 - 19:30 Hyrox</p>	<p>07:35 - 08:35 Movement</p>	<p>17:45 - 18:45 Burn</p>		
<p>19:30 - 21:00 Open GYM</p>	<p>18:00 - 19:00 Strength</p>		<p>17:00 - 17:45 Mobility</p>	<p>19:00 - 20:30 Open GYM</p>		
	<p>19:15 - 20:15 Burn</p>		<p>18:00 - 19:00 Strength</p>			
			<p>19:15 - 20:15 Burn</p>			

-  BURN
-  MOBILITY
-  MOVEMENT
-  Open GYM
-  STRENGTH

Stand: 07.08.2024