

Kursplan

06.07.2020 - 12.07.2020

FT-CLUB Braunschweig
 Cammannstr. 3
 38118 Braunschweig
 0174 9234089
 info@ft-club-braunschweig.de



Montag 06.07.2020	Dienstag 07.07.2020	Mittwoch 08.07.2020	Donnerstag 09.07.2020	Freitag 10.07.2020	Samstag 11.07.2020	Sonntag 12.07.2020
<p>07:00 - 08:00 Movement</p> <p>15:30 - 16:30 Sports Performance ...</p> <p>17:00 - 18:00 Mobility / Prehab</p> <p>18:30 - 19:30 Strength</p>	<p>17:00 - 18:00 Movement</p> <p>18:15 - 19:05 Burn</p> <p>19:15 - 20:05 Burn</p>	<p>15:30 - 16:30 Sports Performance ...</p> <p>17:00 - 18:00 Strength</p> <p>18:15 - 19:15 Strength</p> <p>19:30 - 20:20 Burn</p>	<p>07:00 - 08:00 Strength</p> <p>10:00 - 11:00 Mobility / Prehab</p> <p>15:30 - 16:30 Sports Performance ...</p> <p>16:30 - 17:30 Sports Performance</p> <p>17:45 - 18:45 Mobility / Prehab</p> <p>19:00 - 20:00 Movement</p>	<p>16:30 - 17:30 Strength</p> <p>17:45 - 18:35 Burn</p>	<p>10:00 - 11:00 Movement</p> <p>11:15 - 12:05 Burn</p>	

- Burn
- Mobility / Preha...
- Movement
- Sports Performan...
- Strength

Stand: 06.07.2020