

Kursplan

06.07.2020 - 12.07.2020

FT-CLUB Braunschweig
Cammannstr. 3
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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
07:00 - 08:00 Movement	17:00 - 18:00 Movement	15:30 - 16:30 Sports Performance ...	07:00 - 08:00 Strength	16:30 - 17:30 Strength	10:00 - 11:00 Movement	
15:30 - 16:30 Sports Performance ...	18:15 - 19:05 Burn	17:00 - 18:00 Strength	10:00 - 11:00 Mobility / Prehab	17:45 - 18:35 Burn	11:15 - 12:05 Burn	
17:00 - 18:00 Mobility / Prehab	19:15 - 20:05 Burn	18:15 - 19:15 Strength	15:30 - 16:30 Sports Performance ...			
18:30 - 19:30 Strength		19:30 - 20:20 Burn	16:30 - 17:30 Sports Performance			
			17:45 - 18:45 Mobility / Prehab			
			19:00 - 20:00 Movement			