

Kursplan

01.03.2021 - 07.03.2021

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



| Montag 01.03.2021 | Dienstag 02.03.2021 | Mittwoch 03.03.2021 | Donnerstag 04.03.2021 | Freitag 05.03.2021 | Samstag 06.03.2021 | Sonntag 07.03.2021 |
|---|---------------------------|---------------------------|---|---------------------------|---------------------------|--------------------|
| 07:00 - 08:00 MOVEMENT | 10:00 - 11:00 MOVEMENT | 10:00 - 11:00 MOBILITY | 07:00 - 08:00 STRENGTH | 10:30 - 11:30 STRENGTH | 10:00 - 11:00 MOVEMENT | |
| 10:00 - 11:00 MOBILITY | 12:00 - 13:00 STRENGTH | 11:00 - 12:00 STRENGTH | 10:00 - 11:00 STRENGTH | 12:00 - 13:00 MOBILITY | 11:15 - 12:15 BURN | |
| 11:15 - 12:15 STRENGTH | 17:00 - 18:00 STRENGTH | 16:00 - 17:00 MOVEMENT | 11:15 - 12:15 MOVEMENT | 16:00 - 17:00 MOVEMENT | 12:30 - 13:30 STRENGTH | |
| 15:30 - 16:30 SPORTS PERFORMANCE ... | 18:15 - 19:15 BURN | 17:00 - 18:00 MOBILITY | 12:30 - 13:30 STRENGTH | 17:15 - 18:15 STRENGTH | 13:45 - 14:45 STRENGTH | |
| 16:45 - 17:45 BURN | 19:30 - 20:30 MOBILITY | 18:15 - 19:15 STRENGTH | 16:00 - 17:00 SPORTS PERFORMANCE ... | 18:30 - 19:30 BURN | | |
| 18:00 - 19:00 MOBILITY | | 19:30 - 20:30 BURN | 16:30 - 17:30 STRENGTH | | | |
| 19:15 - 20:15 STRENGTH | | | 17:45 - 18:45 MOBILITY | | | |
| 20:30 - 21:30 MOVEMENT | | | 19:00 - 20:00 MOVEMENT | | | |

- BURN
- MOBILITY
- MOVEMENT
- SPORTS PERFORMAN...
- STRENGTH

Stand: 07.03.2021