

Kursplan

27.11.2023 - 03.12.2023

FT-CLUB Stuttgart
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Montag 27.11.2023	Dienstag 28.11.2023	Mittwoch 29.11.2023	Donnerstag 30.11.2023	Freitag 01.12.2023	Samstag 02.12.2023	Sonntag 03.12.2023
08:00 - 09:00 Strength	06:30 - 07:30 Movement	07:00 - 08:00 Yoga	07:00 - 08:00 Strength	09:00 - 10:00 Movement	09:00 - 10:00 Mobility	
18:00 - 19:00 Strength	07:45 - 08:45 Strength	12:00 - 13:00 Movement	08:15 - 09:15 Movement	16:00 - 17:00 Movement	10:15 - 11:15 Strength	
19:15 - 20:15 Movement	16:30 - 17:30 Mobility	18:00 - 19:00 Strength	11:30 - 12:30 Mobility	17:15 - 18:15 Strength		
	17:45 - 18:45 Movement		18:00 - 19:00 Movement			
			19:30 - 20:30 Strength			

- Burn
- Mobility
- Movement
- Strength
- Yoga

Stand: 28.11.2023