

Kursplan: FT - Club

11.12.2017 - 17.12.2017

Home of Balance



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Montag 11.12.2017	Dienstag 12.12.2017	Mittwoch 13.12.2017	Donnerstag 14.12.2017	Freitag 15.12.2017	Samstag 16.12.2017	Sonntag 17.12.2017
09:00 - 10:00 FT Movement	09:00 - 10:00 FT Burn	06:15 - 07:15 FT Mobility	09:00 - 10:00 FT Strength	06:15 - 07:15 FT Movement	10:00 - 11:00 FT Burn	10:00 - 11:00 FT Burn
18:00 - 19:00 FT Burn	14:00 - 15:00 FT Mobility	09:00 - 10:00 FT Mobility	18:00 - 19:00 FT Burn	09:00 - 10:00 FT Burn		
19:00 - 20:00 FT Strength	18:00 - 19:00 FT Mobility	18:00 - 19:00 FT Strength	19:00 - 20:00 FT Strength	18:00 - 19:00 FT Movement		
	19:00 - 20:00 FT Movement	19:00 - 20:00 FT Burn		19:00 - 20:00 FT Mobility		

- Ausdauer
- FT Strength
- Rücken
- FT Burn
- Kräftigung, Form...
- Tanz und Choreog...
- FT Mobility
- Körper und Geist...
- FT Movement
- Pool

Stand: 11.12.2017