

Kursplan: FT - Club

16.10.2017 - 22.10.2017

Home of Balance



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Montag 16.10.2017	Dienstag 17.10.2017	Mittwoch 18.10.2017	Donnerstag 19.10.2017	Freitag 20.10.2017	Samstag 21.10.2017	Sonntag 22.10.2017
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	
18:00 - 19:00 FT Burn	13:30 - 14:30 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: 17.10.2017