

# Kursplan

11.01.2021 - 17.01.2021

FT-CLUB am Gaswerk  
 Gasstraße 4a  
 22761 Hamburg  
 040 21990983  
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Montag 11.01.2021	Dienstag 12.01.2021	Mittwoch 13.01.2021	Donnerstag 14.01.2021	Freitag 15.01.2021	Samstag 16.01.2021	Sonntag 17.01.2021
07:15 - 08:15 STRENGTH	08:30 - 09:30 STRENGTH	15:30 - 16:30 STRENGTH	07:15 - 08:15 MOVEMENT	09:00 - 10:00 STRENGTH	09:45 - 10:45 MOVEMENT	
08:30 - 09:30 MOVEMENT	17:30 - 18:30 STRENGTH	17:30 - 18:30 MOVEMENT	08:30 - 09:30 STRENGTH	15:00 - 16:00 MOVEMENT	11:00 - 12:00 STRENGTH	
16:15 - 17:15 STRENGTH	18:45 - 19:45 STRENGTH	18:45 - 19:45 MOBILITY	16:15 - 17:15 STRENGTH	16:15 - 17:15 BURN		
17:30 - 18:30 STRENGTH	20:00 - 21:00 MOVEMENT	20:00 - 21:00 STRENGTH	17:30 - 18:30 MOBILITY	17:30 - 18:30 STRENGTH		
18:45 - 19:45 MOVEMENT			18:45 - 19:45 STRENGTH	18:45 - 19:45 STRENGTH		
20:00 - 21:00 BURN			20:00 - 21:00 MOVEMENT			

■ Burn
 ■ Mobility
 ■ Movement
 ■ Strength

Stand: 17.01.2021