Kursplan

25.03.2024 - 31.03.2024

FT-CLUB am Gaswerk
Gasstraße 4a
22761 Hamburg

040 21990983
info@ft-club-am-gaswerk.de

Montag 25.03.2024	Dienstag 26.03.2024	Mittwoch 27.03.2024	Donnerstag 28.03.2024	Freitag 29.03.2024	Samstag 30.03.2024	Sonntag 31.03.2024
07:30 - 08:30 MOVEMENT	08:30 - 09:30 STRENGTH	12:00 - 13:00 MOVEMENT	08:30 - 09:30 MOVEMENT	09:00 - 10:00 STRENGTH	11:00 - 12:00 MOVEMENT	11:00 - 12:00 MOVEMENT
16:15 - 17:15 STRENGTH	17:30 - 18:30 MOVEMENT	16:15 - 17:15 STRENGTH	17:45 - 18:45 HYROX	12:00 - 13:00 BURN	12:30 - 13:30 STRENGTH	14:00 - 15:00 STRENGTH
17:30 - 18:30 Performance U16	18:45 - 19:45 STRENGTH	18:45 - 19:45 MOVEMENT	19:00 - 20:00 STRENGTH	15:30 - 16:30 MOVEMENT		
18:45 - 19:45 MOVEMENT				17:00 - 18:00 STRENGTH		
20:00 - 21:00 BURN				18:30 - 19:30 § 20 Prävention		

BURN
MOBILITY
MOVEMENT
PERFORMANCE
Prävention
STRENGTH

Stand: 28.03.2024