

# Kursplan

25.05.2020 - 31.05.2020

FT-Club Suhl  
Schneekopfstraße 78  
98528 Suhl  
03681 49980  
ft-club-suhl@gmx.de



Montag 25.05.2020	Dienstag 26.05.2020	Mittwoch 27.05.2020	Donnerstag 28.05.2020	Freitag 29.05.2020	Samstag 30.05.2020	Sonntag 31.05.2020
10:00 - 10:50 Movement Patrick	08:00 - 14:00 FT-Freetime	16:00 - 16:50 Kids Athletic ab 3.... Robin	08:00 - 14:00 FT-Freetime	16:00 - 16:50 Mobility Winter Robin	09:00 - 17:30 Ft-Freetime	10:00 - 10:50 Mobility/Movement Oli
15:00 - 15:40 Kids Athletic Tenni... Oli	16:00 - 16:50 Strength Oli	17:00 - 17:50 FT-Gunslinger	17:00 - 17:50 Mobility Robin	17:00 - 18:00 Strength Robin		11:00 - 11:50 Strength NEU Oli
17:00 - 17:50 FT-Gunslinger	19:00 - 19:50 Movement Robert	18:00 - 18:50 Movement Patrick	18:00 - 18:50 Burn Robin			
18:00 - 18:50 Movement Jirka		19:00 - 19:50 Strength Patrick	19:00 - 19:50 Movement Jirka			
19:00 - 19:50 Burn Oli		20:00 - 20:50 Burn Oli	20:00 - 21:30 FT-Freetime			
20:00 - 20:50 Strength Oli						
21:00 - 21:45 FT-Freetime						

- Burn
- FT-Freetime
- FT-Gunslinger
- HYROX
- Mobility
- Movement
- Punchtime
- Strength

Stand: 31.05.2020