

# Kursplan

26.10.2020 - 01.11.2020

FT-CLUB Hannover  
Am Winkelberge 1  
30419 Hannover



0152-538 13 267 (vorrübergehende Nummer)  
info@ft-club-hannover.de

Montag 26.10.2020	Dienstag 27.10.2020	Mittwoch 28.10.2020	Donnerstag 29.10.2020	Freitag 30.10.2020	Samstag 31.10.2020	Sonntag 01.11.2020
07:15 - 08:15 Movement	09:30 - 10:30 Movement	07:15 - 08:15 Movement	10:00 - 11:00 Mobility	10:00 - 11:00 Movement		11:00 - 12:00 Movement
10:00 - 11:00 Mobility	14:45 - 15:45 Movement	10:30 - 11:30 Strength	14:45 - 15:45 Movement	11:15 - 12:15 Mobility		12:15 - 13:15 Strength
11:15 - 12:15 Strength	17:00 - 18:00 Mobility	17:00 - 18:00 Movement	17:00 - 18:00 Mobility	13:00 - 14:00 Strength		
17:00 - 18:00 Movement	18:15 - 19:15 Movement	18:15 - 19:15 Strength	18:15 - 19:15 Strength	14:45 - 15:45 Movement		
18:15 - 19:15 Strength	19:30 - 20:30 Strength	19:30 - 20:30 Burn	19:30 - 20:30 Movement	16:00 - 17:00 Strength		
19:30 - 20:30 Burn	20:30 - 21:30 FT-YOGA					

- BURN
- FT-YOGA
- MOBILITY
- MOVEMENT
- STRENGTH

Stand: 27.10.2020