

# Kursplan

26.10.2020 - 01.11.2020

FT-CLUB Münster  
 Idenbrockplatz 25  
 48159 Münster  
 0151 14 28 31 31  
 info@ft-club-muenster.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
07:45 - 08:45 STRENGTH	08:00 - 09:00 MOVEMENT	07:45 - 08:45 STRENGTH	08:00 - 09:00 MOBILITY	07:45 - 08:45 MOVEMENT	09:45 - 10:45 MOVEMENT	
09:00 - 10:00 Movement	09:15 - 10:15 Strength	09:00 - 10:00 MOBILITY	09:15 - 10:15 STRENGTH	09:00 - 10:00 SCHLINGE	11:00 - 12:00 STRENGTH	
10:30 - 11:30 MOBILITY	10:30 - 11:30 Schlinge	10:15 - 11:15 MOVEMENT	10:30 - 11:30 FUNCTIONAL YOGA	10:15 - 11:15 STRENGTH		
15:30 - 16:30 FUNCTIONAL KIDS	16:15 - 17:15 MOBILITY	17:00 - 18:00 STRENGTH	16:45 - 17:45 MOVEMENT	14:45 - 15:45 FUNCTIONAL KIDS		
17:00 - 18:00 MOVEMENT	17:30 - 18:30 Schlinge	18:15 - 19:15 MOVEMENT	18:00 - 19:00 SCHLINGE	15:45 - 16:45 Mobility		
18:15 - 19:15 SCHLINGE	18:45 - 19:45 MOVEMENT	19:30 - 20:30 SCHLINGE	19:15 - 20:15 BURN	17:00 - 18:00 MOVEMENT		
19:30 - 20:30 STRENGTH	20:00 - 21:00 STRENGTH+	20:45 - 21:45 STRENGTH	20:30 - 21:30 STRENGTH	18:15 - 19:15 STRENGTH+		
20:45 - 21:45 BURN	21:00 - 21:45 BURN +			19:15 - 20:00 BURN +		

- BURN
- Functional Kids
- MOBILITY
- MOVEMENT
- SCHLINGE
- STRENGTH
- YOGA

Stand: 30.10.2020