

Kursplan

24.01.2022 - 30.01.2022

FT-CLUB München
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Montag 24.01.2022	Dienstag 25.01.2022	Mittwoch 26.01.2022	Donnerstag 27.01.2022	Freitag 28.01.2022	Samstag 29.01.2022	Sonntag 30.01.2022
06:30 - 07:30 Strength Thomas Gründobler	06:30 - 07:30 Movement Maleen Stingl	06:30 - 07:30 Movement Maleen Stingl	06:30 - 07:30 Burn Maleen Stingl	06:30 - 07:30 Strength Thomas Gründobler	09:00 - 10:00 Mobility	09:00 - 10:00 Burn
07:45 - 08:45 Movement Thomas Gründobler	07:45 - 08:45 Burn Maleen Stingl	07:45 - 08:45 Strength Maleen Stingl	07:45 - 08:45 Strength Maleen Stingl	07:45 - 08:45 Movement Thomas Gründobler	10:15 - 11:15 Strength	10:15 - 11:15 Movement
16:30 - 17:30 Movement Jonas Schöneberg	17:00 - 18:00 Strength Borislav Borisov	17:00 - 18:00 Athletic Power Borislav Borisov	16:30 - 17:30 Movement Borislav Borisov	15:30 - 16:30 Burn Borislav Borisov	11:30 - 12:30 Movement	11:30 - 12:30 Strength
17:45 - 18:45 Mobility Jonas Schöneberg	17:30 - 18:30 Movement Lucas Filoni	17:30 - 18:30 Movement Lucas Filoni	17:00 - 18:00 Burn Jonas Schöneberg	17:00 - 18:00 Movement Borislav Borisov		14:30 - 15:30 Strength
18:15 - 19:15 Burn Jakob Dehl	18:15 - 19:15 Mobility Borislav Borisov	18:15 - 19:15 Strength Borislav Borisov	17:45 - 18:45 Strength Borislav Borisov	17:30 - 18:30 Strength Jakob Dehl		15:45 - 16:45 Mobility
19:00 - 20:00 Strength Jonas Schöneberg	18:45 - 19:45 Strength Progressio... Lucas Filoni	18:45 - 19:45 Strength Lucas Filoni	18:15 - 19:15 Movement Jonas Schöneberg	18:15 - 19:15 Strength Borislav Borisov		17:00 - 18:00 Movement
19:30 - 20:30 Movement Jakob Dehl	19:30 - 20:30 Movement Borislav Borisov	19:30 - 20:30 Burn Borislav Borisov	19:00 - 20:00 Strength Progressio... Borislav Borisov	18:45 - 19:45 Movement Jakob Dehl		
20:30 - 21:30 Burn Jonas Schöneberg			19:30 - 20:30 Strength Jonas Schöneberg	19:30 - 20:30 Boot Camp Borislav Borisov		
			20:30 - 21:30 Burn Borislav Borisov			

- BOOT CAMP
- BURN
- MOBILITY
- MOVEMENT
- STRENGTH
- YOGA

Stand: 26.01.2022