

Kursplan: FT-CLUB

03.10.2022 - 09.10.2022

FT-CLUB Kurse

Freedom-Fitness-Studio
 Helvesieker Weg 70
 27383 Scheeßel
 04263-3023400
 info@freedom-fitness.de



Montag 03.10.2022	Dienstag 04.10.2022	Mittwoch 05.10.2022	Donnerstag 06.10.2022	Freitag 07.10.2022	Samstag 08.10.2022	Sonntag 09.10.2022
<div data-bbox="114 375 369 451" style="background-color: red; color: white; padding: 5px; border-radius: 10px;"> 18:15 - 19:15 FT Burn </div>	<div data-bbox="398 375 654 451" style="background-color: green; color: white; padding: 5px; border-radius: 10px;"> 16:00 - 17:00 FT Movement Jugend </div> <div data-bbox="398 464 654 541" style="background-color: blue; color: white; padding: 5px; border-radius: 10px;"> 19:30 - 20:30 FT Mobility </div>		<div data-bbox="981 375 1236 451" style="background-color: orange; color: white; padding: 5px; border-radius: 10px;"> 19:30 - 20:30 FT Strength </div>	<div data-bbox="1265 375 1520 451" style="background-color: green; color: white; padding: 5px; border-radius: 10px;"> 10:30 - 11:30 FT Movement </div> <div data-bbox="1265 464 1520 541" style="background-color: green; color: white; padding: 5px; border-radius: 10px;"> 16:00 - 17:00 FT Movement Jugend </div> <div data-bbox="1265 553 1520 630" style="background-color: red; color: white; padding: 5px; border-radius: 10px;"> 19:30 - 20:30 FT Burn </div>		

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| Bauch Beine Po | Burn | Fatburner | Indoor Cycling |
| Mobility | Movement | Physio Fit | Rückenfit |
| Senioren Fit | Sonstige | Step I + II | Strength |
| Workout of the w... | Yoga | Zumba | |

Stand: 07.10.2022