

Kursplan

26.09.2022 - 02.10.2022

FitZ
Marie-Curie-Ring 15
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Montag 26.09.2022	Dienstag 27.09.2022	Mittwoch 28.09.2022	Donnerstag 29.09.2022	Freitag 30.09.2022	Samstag 01.10.2022	Sonntag 02.10.2022
07:15 - 08:15 Strength	07:15 - 08:15 Strength	07:15 - 08:15 Strength	07:15 - 08:15 Strength	07:15 - 08:15 Strength	10:30 - 11:30 Strength/Burn	12:00 - 13:00 Strength
09:00 - 10:00 Strength	09:00 - 10:00 Strength/Burn	09:00 - 09:45 Burn	09:00 - 10:00 Strength/Burn	09:00 - 10:00 Strength		13:15 - 14:00 Burn
17:00 - 18:00 Strength	16:30 - 17:30 Strength	17:45 - 18:45 Strength/Burn	16:30 - 17:30 Strength	16:30 - 17:30 Strength		
18:15 - 19:00 Burn	17:45 - 18:45 Strength/Burn	19:00 - 20:00 Strength	17:45 - 18:45 Strength/Burn	17:45 - 18:45 Strength/Burn		
	19:00 - 19:45 Burn		19:00 - 19:45 Burn			

■ Burn
 ■ Mobility
 ■ Movement
 ■ Strength

Stand: 02.10.2022