

Kursplan

15.08.2022 - 21.08.2022

FT-CLUB Aschaffenburg
Südbahnhof Straße 14 d
63739 Aschaffenburg
0171 9003379
info@ft-club-ab.de



Montag 15.08.2022	Dienstag 16.08.2022	Mittwoch 17.08.2022	Donnerstag 18.08.2022	Freitag 19.08.2022	Samstag 20.08.2022	Sonntag 21.08.2022
<p>17:00 - 18:00 Strength Coach Jörg</p> <p>18:45 - 19:45 HYROX Coach Jörg</p> <p>20:00 - 21:00 Movement & Mobility... Coach Michelle</p>	<p>07:00 - 08:00 Open Gym Coach Jörg</p> <p>09:00 - 10:00 Full Body Workout* Coach Mitch</p> <p>17:00 - 18:00 Open Gym Coach Jörg</p> <p>18:15 - 19:15 FINISH ME (Burn) Coach Luigi</p> <p>19:30 - 20:30 LIFT ME (Strength) Coach Luigi</p>	<p>18:00 - 19:00 FF-Circle Coach Anita</p> <p>19:00 - 20:00 FF-Circle outdoor Coach Jörg</p>	<p>07:00 - 08:00 Open Gym Coach Jörg</p> <p>09:00 - 10:00 Full Body Workout* Coach Mitch</p> <p>18:00 - 19:00 Muscle Toning Coach Anita</p> <p>19:15 - 20:15 Strength Coach Anita</p>	<p>07:00 - 08:00 Open Gym Coach Jörg</p> <p>09:00 - 10:00 CLUB MIX* Coach Jörg</p> <p>17:00 - 18:00 Movement & Mobility... Coach Michelle</p> <p>18:15 - 19:15 Friday Mix Coach Michelle</p>	<p>09:00 - 10:00 Strength Coach Jörg</p>	<p>09:30 - 10:30 Sunday Mix & Mobili... Coach Michelle</p>

- Burn
- HYROX
- Mobility
- Movement
- Open Gym
- Outdoor Training...
- PopUp Gym
- Strength
- Yoga

Stand: 17.08.2022