

Kursplan

26.10.2020 - 01.11.2020

FT-CLUB Aschaffenburg
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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
<p>17:30 - 18:30 Movement Coach Jörg</p> <p>18:45 - 19:45 Strength Coach Jörg</p> <p>20:00 - 21:00 HighRocks Coach Jörg</p>	<p>09:00 - 10:00 Full Body Workout Coach Michelle</p> <p>17:30 - 18:30 Open Gym Coach Michelle</p> <p>18:45 - 19:45 Burn Coach Michelle</p> <p>20:00 - 21:00 Yoga Coach Janine (Barfuss Yoga)</p>	<p>06:30 - 07:30 Burn Coach Jörg</p> <p>07:45 - 08:45 Open Gym Coach Jörg</p> <p>09:00 - 10:00 Strength* Coach Jörg</p> <p>18:30 - 19:30 Outdoor Training Coach Christian</p> <p>18:30 - 19:30 GRIP Strength Coach Jörg</p> <p>20:00 - 21:00 Full Body Workout Coach Jörg</p> <p>20:00 - 21:00 ONLINE TRAINING: Fu... Coach Jörg</p>	<p>09:00 - 10:00 Full Body Workout Coach Bibi</p> <p>16:00 - 17:00 Strength* Coach Michelle</p> <p>17:30 - 18:30 Mobility Coach Michelle</p> <p>18:45 - 19:45 Body Toning Coach Michelle</p> <p>20:00 - 21:00 NoLimits Coach Anita</p>	<p>06:30 - 07:30 Movement Coach Michelle</p> <p>07:45 - 08:45 Open Gym Coach Michelle</p> <p>09:00 - 10:00 Burn* Coach Michelle</p> <p>17:30 - 18:30 Burn Coach Michelle</p> <p>18:45 - 19:45 Yoga Basic Coach Ramona</p>	<p>09:00 - 10:00 Strength Coach Jörg</p>	<p>10:00 - 11:00 Sunday Mix Coach Michelle</p> <p>11:15 - 12:15 Open Gym Coach Michelle</p>

- Burn
- Mobility
- Movement
- Open Gym
- Strength
- Yoga

Outdoor Training...

Stand: 30.10.2020