

# Kursplan

18.02.2019 - 24.02.2019

FT-Club Chur  
Grossbruggerweg 4  
7000 Chur  
081 515 01 10  
info@ft-club-chur.ch



Montag 18.02.2019	Dienstag 19.02.2019	Mittwoch 20.02.2019	Donnerstag 21.02.2019	Freitag 22.02.2019	Samstag 23.02.2019	Sonntag 24.02.2019
07:30 - 09:00 OpenGym	07:30 - 18:00 OpenGym	07:30 - 09:00 OpenGym	07:30 - 09:00 OpenGym	07:30 - 09:00 OpenGym	09:00 - 17:00 OpenGym	09:00 - 10:00 OpenGym
10:00 - 18:00 OpenGym	21:00 - 21:30 OpenGym	11:00 - 18:00 OpenGym	10:00 - 18:00 OpenGym	10:00 - 19:00 OpenGym		11:00 - 17:00 OpenGym
20:00 - 21:00 FT Strength Stéphanie		18:00 - 18:55 FT Movement Elena/Peter	20:00 - 21:30 OpenGym	19:00 - 20:00 FT Strength Damian/Peter		
21:00 - 21:30 OpenGym		21:00 - 21:30 OpenGym		20:00 - 21:30 OpenGym		

Ausdauertraining...

Bauchtraining

Functional Train...

Ganzkörpertraini...

OpenGym

Yoga & Co

Stand: 19.02.2019