

Kursplan

16.10.2017 - 22.10.2017

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



Montag 16.10.2017	Dienstag 17.10.2017	Mittwoch 18.10.2017	Donnerstag 19.10.2017	Freitag 20.10.2017	Samstag 21.10.2017	Sonntag 22.10.2017
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		18:00 - 18:55 FT Movement	20:00 - 21:30 OpenGym	19:00 - 20:00 FT Strength		
21:00 - 21:30 OpenGym		21:00 - 21:30 OpenGym		20:00 - 21:30 OpenGym		

- Ausdauertraining...
- Bauchtraining
- Functional Train...
- Ganzkörpertraini...
- OpenGym
- Yoga & Co

Stand: 22.10.2017