

Kursplan

12.11.2018 - 18.11.2018

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



Montag 12.11.2018	Dienstag 13.11.2018	Mittwoch 14.11.2018	Donnerstag 15.11.2018	Freitag 16.11.2018	Samstag 17.11.2018	Sonntag 18.11.2018
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: 15.11.2018