

# Kursplan

27.06.2022 - 03.07.2022

FT-CLUB Mülheim City  
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Montag 27.06.2022	Dienstag 28.06.2022	Mittwoch 29.06.2022	Donnerstag 30.06.2022	Freitag 01.07.2022	Samstag 02.07.2022	Sonntag 03.07.2022
17:00 - 18:00 MOBILITY	06:30 - 07:30 MOVEMENT	18:15 - 19:15 MOVEMENT	17:00 - 18:00 MOBILITY	06:30 - 07:30 MOBILITY	10:00 - 11:00 BURN	10:00 - 11:00 MOBILITY
18:15 - 19:15 STRENGTH	18:15 - 19:15 MOVEMENT	19:30 - 20:30 STRENGTH	18:15 - 19:15 BURN	17:00 - 18:00 MOVEMENT	11:15 - 12:15 STRENGTH	11:15 - 12:15 Movement
19:30 - 20:30 BURN	19:30 - 20:30 BURN		19:30 - 20:30 STRENGTH			

BURN      MOBILITY      MOVEMENT      STRENGTH

Stand: 03.07.2022