

# Kursplan

22.07.2024 - 28.07.2024

FT-CLUB Wien 9  
Garnisongasse 7  
1090 Wien  
+43 660 128 48 22  
info@ft-club-wien9.at



Montag 22.07.2024	Dienstag 23.07.2024	Mittwoch 24.07.2024	Donnerstag 25.07.2024	Freitag 26.07.2024	Samstag 27.07.2024	Sonntag 28.07.2024
<p>07:00 - 08:00 BURN</p>	<p>12:00 - 13:00 STRENGTH</p>	<p>12:00 - 13:00 MOBILITY</p>	<p>07:00 - 08:00 STRENGTH</p>	<p>15:00 - 16:00 STRENGTH</p>	<p>10:00 - 11:00 BURN</p>	
<p>12:00 - 13:00 MOVEMENT</p>	<p>17:20 - 18:20 MOVEMENT</p>	<p>17:00 - 18:00 STRENGTH</p>	<p>08:30 - 11:30 OPEN GYM</p>	<p>16:15 - 17:30 BURN</p>	<p>11:15 - 12:15 MOBILITY</p>	
<p>15:00 - 17:00 OPEN GYM</p>	<p>18:30 - 19:30 MOVEMENT</p>	<p>18:00 - 19:00 STRENGTH</p>	<p>12:00 - 13:00 STRENGTH</p>	<p>17:30 - 19:00 HYROX (2-weekly)</p>	<p>12:30 - 14:00 HYROX (2-weekly)</p>	
<p>17:20 - 18:20 BURN</p>	<p>19:15 - 20:15 STRENGTH</p>	<p>19:15 - 20:45 HYROX (weekly)</p>	<p>18:00 - 19:00 BURN</p>			
<p>18:30 - 19:30 BURN</p>			<p>19:15 - 20:15 MOBILITY</p>			
<p>19:40 - 20:40 MOBILITY</p>						

- BURN
- OPEN GYM
- HYROX
- STRENGTH
- MOBILITY
- MOVEMENT

Stand: 27.07.2024