

Kursplan

14.09.2026 - 20.09.2026

FT-CLUB Wehlheiden
Kohlenstr. 19
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Montag 14.09.2026	Dienstag 15.09.2026	Mittwoch 16.09.2026	Donnerstag 17.09.2026	Freitag 18.09.2026	Samstag 19.09.2026	Sonntag 20.09.2026
17:00 - 18:00 Burn 18:15 - 19:15 Strength 19:30 - 21:00 Open GYM	06:30 - 07:30 Burn 07:35 - 08:35 Strength 17:45 - 18:45 Burn 40:20	16:45 - 17:45 Strength 18:00 - 19:30 Hyrox	06:30 - 07:30 Burn 07:35 - 08:35 Strength 17:00 - 17:45 Mobility 18:00 - 19:00 Strength 19:15 - 20:15 Burn	16:30 - 17:30 Movement 17:45 - 18:45 Burn 19:00 - 20:30 Open GYM	09:00 - 10:30 Hyrox	16:15 - 17:15 Strength 17:30 - 18:30 Burn 40:20

BURN Hyrox MOBILITY MOVEMENT
 Open GYM STRENGTH

Stand: 16.09.2026