

# Kursplan

27.03.2023 - 02.04.2023

FT-CLUB Schildesche  
 Im Drewer Esch 30  
 33613 Bielefeld  
 +49 1522 1803552  
 info@ft-club-schildesche.de



Montag 27.03.2023	Dienstag 28.03.2023	Mittwoch 29.03.2023	Donnerstag 30.03.2023	Freitag 31.03.2023	Samstag 01.04.2023	Sonntag 02.04.2023
<p>09:00 - 10:00 Movement Jana Fahle</p> <p>18:00 - 19:00 Mobility Jana Fahle</p>	<p>09:00 - 10:00 Mobility Jana Fahle</p> <p>18:00 - 19:00 Movement Noshi Ghardirian</p> <p>19:15 - 20:15 Strength Noshi Ghardirian</p>	<p>07:30 - 08:30 Mobility Jana Fahle</p> <p>09:00 - 10:00 Strength Jana Fahle</p> <p>18:00 - 19:15 deepwork Jana Fahle</p>	<p>17:00 - 18:00 Mobility Jana Fahle</p> <p>18:00 - 19:00 Strength Jana Fahle</p>	<p>07:30 - 08:30 Movement Jana Fahle</p> <p>09:00 - 10:00 deepwork Jana Fahle</p> <p>16:00 - 17:00 Movement Jana Fahle</p> <p>17:00 - 18:15 deepwork Jana Fahle</p>	<p>10:30 - 11:30 Soft Burn Jana Fahle</p>	<p>10:30 - 11:30 Movement Jana Fahle</p>

■ BURN     
 ■ MOBILITY     
 ■ MOVEMENT     
 ■ STRENGTH

Stand: 02.04.2023