



FT-GYM SUHL



Montag

8.00-18.50
FT-Freetime

18.00-18.50
FT-Mix

19.00-19.50
Beast

20.00-20.50
Power

21.00-21.50
FT-Freetime

Dienstag

8.00-17.50
FT-Freetime

18.00-18.50
FT-Mix

19.00-21.50
FT-Freetime

Mittwoch

8.00-18.50
FT-Freetime

19.00-19.50
Power

20.00-20.50
Beast

21.00-21.50
FT-Freetime

Donnerstag

8.00-18.50
FT-Freetime

19.00-19.50
FT-Mix

20.00-21.50
FT-Freetime

Freitag

9.00-20.30
FT-Freetime



FT-GYM SUHL
GROUP.CLUB • T.BOX • NATURE.AREA

Samstag

9.00-15.45
FT-Freetime

Sonntag

10.00-11.30
FT-Mix

9.00-9.50
FT-Freetime

11.40-15.45
Freetime

FT-Mix >> das Beste aus Allem ⚡ Power >> für Fortgeschrittene ⚡ Beast >> gemacht für Athleten