



# FT-GYM SUHL



HEALTHY + STRONG

**Montag**

**Dienstag**

**Mittwoch**

**Donnerstag**

**Freitag**

**Samstag**

8.00-18.50  
FT-Freetime

8.00-17.50  
FT-Freetime

8.00-18.50  
FT-Freetime

8.00-18.50  
FT-Freetime

9.00-20.30  
FT-Freetime

9.00-15.45  
FT-Freetime

18.00-18.50  
FT-Mix

19.00-19.50  
Power/Beast

20.00-21.50  
FT-Freetime

18.00-18.50  
FT-Mix

19.00-21.50  
FT-Freetime

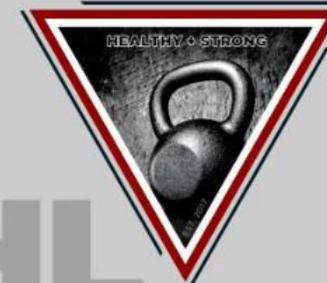
19.00-19.50  
Power

20.00-20.50  
Beast

21.00-21.50  
FT-Freetime

19.00-19.50  
FT-Mix

20.00-21.50  
FT-Freetime



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

**Sonntag**

10.00-11.30  
FT-Mix

9.00-9.50  
FT-Freetime

11.40-15.45  
Freetime

FT-Mix >> das Beste aus Allem, auch für Einsteiger



Power >> für Fortgeschrittene



Beast >> gemacht für Athleten