

Kursplan

14.01.2019 - 20.01.2019

Therapie + Training Ch. Lindemann
 Hamburger Str. 30
 21244 Buchholz
 04181 1382323
 info@die-praxis-buchholz.de



Montag 14.01.2019	Dienstag 15.01.2019	Mittwoch 16.01.2019	Donnerstag 17.01.2019	Freitag 18.01.2019	Samstag 19.01.2019	Sonntag 20.01.2019
08:00 - 09:00 Training	08:00 - 09:00 Training Sylvia	08:00 - 09:00 Training Katja	08:00 - 09:00 Training Katja	08:00 - 09:00 Training Sylvia	09:00 - 10:00 Training Christoph Lindemann	
08:00 - 09:00 Slimbelly	08:00 - 09:00 Slimbelly	08:00 - 09:00 Slimbelly	08:00 - 09:00 Slimbelly	08:00 - 09:00 Slimbelly	09:00 - 10:00 Slimbelly	
09:15 - 10:15 Training	09:15 - 10:15 Training Sylvia	09:15 - 10:15 Training Katja	09:15 - 10:15 Training Sylvia	09:15 - 10:15 Training Sylvia	10:00 - 11:00 Training Christoph Lindemann	
09:15 - 10:15 Slimbelly	09:15 - 10:15 Slimbelly	09:15 - 10:15 Slimbelly	09:15 - 10:15 Slimbelly	09:15 - 10:15 Slimbelly	10:00 - 11:00 Slimbelly	
10:30 - 11:30 Training	10:30 - 11:30 Training Sylvia	10:30 - 11:30 Training Katja	10:30 - 11:30 Training Sylvia	10:30 - 11:30 Training Sylvia	11:00 - 12:00 Training Christoph Lindemann	
10:30 - 11:30 Slimbelly	10:30 - 11:30 Slimbelly	10:30 - 11:30 Slimbelly	10:30 - 11:30 Slimbelly	10:30 - 11:30 Slimbelly	11:00 - 12:00 Slimbelly	
10:30 - 11:30 Movement	10:30 - 11:30 Mobility	10:30 - 11:30 Strength	10:30 - 11:30 Mobility	11:45 - 13:00 Training	12:20 - 13:20 Burn!	
11:45 - 13:00 Training	11:45 - 13:00 Training Sylvia	11:45 - 12:45 Training Katja	11:45 - 13:00 Training	11:45 - 13:00 Slimbelly	13:40 - 14:40 Movement	
11:45 - 13:00 Slimbelly	11:45 - 13:00 Slimbelly	11:45 - 12:45 Slimbelly	11:45 - 13:00 Slimbelly	14:00 - 15:00 Training		
16:00 - 17:00 Training	14:30 - 15:30 Training Katja	13:00 - 14:00 Training	14:30 - 15:30 Training Katja	14:00 - 15:00 Slimbelly		
16:00 - 17:00 Slimbelly	14:30 - 15:30 Slimbelly	13:00 - 14:00 Slimbelly	14:30 - 15:30 Slimbelly	15:00 - 16:00 Training		

- Burn
- Gesundheit
- Mobility
- Movement
- Slim Belly
- Strength

Stand: 19.01.2019

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17:00 - 18:00 Training	15:45 - 16:45 Training Katja	14:15 - 15:15 Training	15:45 - 16:45 Training Katja	15:00 - 16:00 Slimbelly		
17:00 - 18:00 Slimbelly	15:45 - 16:45 Slimbelly	14:15 - 15:15 Slimbelly	15:45 - 16:45 Slimbelly	16:00 - 17:00 Training		
18:00 - 19:00 Training	16:15 - 17:15 Mobility	15:30 - 16:30 Training	16:15 - 17:15 Movement	16:00 - 17:00 Slimbelly		
18:00 - 19:00 Slimbelly	17:00 - 18:00 Training Katja	15:30 - 16:30 Slimbelly	17:00 - 18:00 Training Katja	17:00 - 18:00 Training		
19:00 - 20:00 Training	17:00 - 18:00 Slimbelly	16:30 - 17:30 Training	17:00 - 18:00 Slimbelly	17:00 - 18:00 Slimbelly		
19:00 - 20:00 Slimbelly	17:30 - 18:30 Movement	16:30 - 17:30 Slimbelly	17:35 - 18:35 Mobility	18:15 - 19:15 Mobility		
20:15 - 21:15 Strenght	18:15 - 19:15 Training Katja	18:00 - 19:00 Movement	18:15 - 19:15 Training Katja	19:30 - 20:30 Movement		
	18:15 - 19:15 Slimbelly	19:20 - 20:20 Burn!	18:15 - 19:15 Slimbelly			
	18:50 - 19:50 Strength	20:40 - 21:40 Mobility	18:55 - 19:55 Burn!			
	19:30 - 21:00 Training Katja		19:30 - 21:00 Training Katja			
	19:30 - 21:00 Slimbelly		19:30 - 21:00 Slimbelly			

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	20:15 - 21:15 Burn!		20:15 - 21:15 Strength			

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Stand: 19.01.2019