

Kursplan

13.08.2018 - 19.08.2018

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



Montag 13.08.2018	Dienstag 14.08.2018	Mittwoch 15.08.2018	Donnerstag 16.08.2018	Freitag 17.08.2018	Samstag 18.08.2018	Sonntag 19.08.2018
08:00 - 09:00 Training	08:00 - 09:00 Training Sylvia	08:00 - 09:00 Training Katja	08:00 - 09:00 Training Sylvia	08:00 - 09:00 Training Sylvia	09:00 - 10:00 Training Christoph Lindemann	
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	
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	
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 Training	12:15 - 13:15 Burn!	
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 Training	13:40 - 14:40 Movement	
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 Training		
18:00 - 19:00 Training	17:00 - 18:00 Training Katja	15:30 - 16:30 Training	17:00 - 18:00 Training Katja	16:00 - 17:00 Training		
19:00 - 20:00 Training	17:30 - 18:30 Mobility	16:30 - 17:30 Training	18:15 - 19:15 Training Katja	17:00 - 18:00 Training		
20:15 - 21:15 Strenght	18:15 - 19:15 Training Katja	18:00 - 19:00 Movement	19:30 - 21:00 Training Katja	18:15 - 19:15 Mobility		
	19:00 - 20:00 Movement	19:30 - 20:30 Burn!	20:00 - 21:00 Strenght	19:45 - 20:45 Movement		
	19:30 - 21:00 Training Katja					

- Burn
- Gesundheit
- Mobility
- Movement
- Strength

Stand: 17.08.2018

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	20:30 - 21:30 Strenght					



Burn



Gesundheit



Mobility



Movement



Strength

Stand: 17.08.2018