

Kursplan

14.06.2021 - 20.06.2021

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



Montag 14.06.2021	Dienstag 15.06.2021	Mittwoch 16.06.2021	Donnerstag 17.06.2021	Freitag 18.06.2021	Samstag 19.06.2021	Sonntag 20.06.2021
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	09:00 - 10:00 Mobility	10:00 - 11:00 Training Christoph Lindemann	
10:00 - 11:00 Movement	10:00 - 11:00 Mobility	10:00 - 11:00 Movement	10:00 - 11:00 Mobility	09:15 - 10:15 Training Sylvia	11:00 - 12:00 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	10:15 - 11:15 Movement	12:10 - 13:10 Movement	
11:10 - 12:10 Strength	11:45 - 13:00 Training Sylvia	11:45 - 12:45 Training Katja	11:10 - 12:10 Strength	10:30 - 11:30 Training Sylvia	13:20 - 14:20 Burn!	
11:45 - 13:00 Training	14:30 - 15:30 Training Katja	13:00 - 14:00 Training	11:45 - 13:00 Training	11:45 - 13:00 Training		
15:30 - 16:30 Movement	15:30 - 16:30 Mobility	14:15 - 15:15 Training	14:30 - 15:30 Training Katja	14:00 - 15:00 Training		
16:00 - 17:00 Training	15:45 - 16:45 Training Katja	15:30 - 16:30 Training	15:30 - 16:30 Movement	15:00 - 16:00 Training		
16:45 - 17:45 Strength	16:45 - 17:45 Movement	16:30 - 17:30 Training	15:45 - 16:45 Training Katja	15:00 - 16:00 Movement		
17:00 - 18:00 Training	17:00 - 18:00 Training Katja	16:30 - 17:30 Movement	16:45 - 17:45 Mobility	16:00 - 17:00 Training		
18:00 - 19:00 Training	18:00 - 19:00 Mobility	17:45 - 18:45 Mobility	17:00 - 18:00 Training Katja	16:15 - 17:15 Movement		

- Burn
- Gesundheit
- Mobility
- Movement
- Slim Belly
- Strength
- Trimm dich Pfad

Stand: 19.06.2021

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<p>18:00 - 19:00 Mobility</p> <p>19:00 - 20:00 Training</p>	<p>18:15 - 19:15 Training Katja</p> <p>19:15 - 20:15 Strength</p> <p>19:30 - 21:00 Training Katja</p>	<p>19:00 - 20:00 Strength</p>	<p>18:00 - 19:00 Movement</p> <p>18:15 - 19:15 Training Katja</p> <p>19:15 - 20:15 Strength</p> <p>19:30 - 21:00 Training Katja</p>	<p>17:00 - 18:00 Training</p> <p>17:30 - 18:30 Mobility</p> <p>18:45 - 19:45 Movement</p>		

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Stand: 19.06.2021