

# WOCHENPLAN

| MONTAG                            | DIENSTAG      | MITTWOCH      | DONNERSTAG    | FREITAG                         | SAMSTAG & SONNTAG  | NOTES  |
|-----------------------------------|---------------|---------------|---------------|---------------------------------|--|--|
| 7:00 - 8:30                       | -//-          | -//-          | -//-          | -//-                            | <p>freies Co-Working +<br/>(monatl.) Celebrate &amp; Calibrate +<br/>WhatsApp-Gruppe</p> | <ul style="list-style-type: none"> <li>freies Co-Working</li> <li>Fokus-Session Basic Elke/Tatiana/Theresa</li> <li>Fokus-Session Support Elke/Tatiana</li> <li>Planung/Reflection Elke/Tatiana/Theresa</li> </ul> |
| 8:30 - 10:00<br>Monday Motivation | 8:30 - 12:00  | 8:30 - 12:00  | 8:30 - 12:00  | 8:30 - 11:00                    |  |  |
| 10:00 - 12:00                     | 13:00 - 14:45 | 13:30 - 16:30 | 13:00 - 15:00 | 13:30 - 16:30                   |  |  |
| 13:30 - 16:30                     | 15:00 - 17:00 | 16:45 - 18:45 | 16:30 - 18:30 | 16:30 - 17:15<br>Friday Closing |  |  |
| 16:45 - 18:45                     | 19:00 - 21:00 | 19:00 - 21:00 | 19:00 - 21:00 |                                 |  |  |
|                                   |               |               |               |                                 |  |  |