BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 52 / 1935

Zeit	Montag 23.12.	Dienstag 24.12.	Mittwoch 25.12.	Donnerstag 26.12.	Freitag 27.12.	Samstag 28.12.	Sonntag 29.12.	Zeit
07:00								07:00
08:00	allgemeines Fitnesstraining Kraft & Fitness 08:00 - 12:00	allgemeines Fitnesstraining Kraft & Fitness 08:00 - 12:00	allgemeines Fitnesstraining Kraft & Fitness 08:00 - 12:00	allgemeines Fitnesstraining Kraft & Fitness 08:00 - 12:00	allgemeines Fitnesstraining Kraft & Fitness 08:00 - 12:00			08:00
09:00								09:00
10:00						allgemeines Fitnesstraining Kraft & Fitness 10:00 - 13:00	allgemeines Fitnesstraining Kraft & Fitness 10:00 - 13:00	10:00
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16:00	allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00	allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00	allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00	allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00	allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00			16:00
17:00								17:00
18:00		Jugendliche / Erwachsene Gewichtheben 18:00 - 20:00		Jugendliche / Erwachsene Gewichtheben 18:00 - 20:00				18:00
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Zeit	Montag 23.12.	Zeit
07:00		07:00
08:00	allgemeines Fitnesstraining Kraft & Fitness 08:00 - 12:00	08:00
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16:00	allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00	16:00
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Zeit	Montag 23.12.	Zeit
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16:00	Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00	16:00
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Zeit	Dienstag 24.12.	Zeit
07:00		07:00
08:00	allgemeines Fitnesstraining Kraft & Fitness 08:00 - 12:00	08:00
09:00		09:00
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11:00		11:00
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16:00	allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00	16:00
17:00		17:00
18:00	Jugendliche / Erwachsene Gewichtheben 18:00 - 20:00	18:00
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Zeit	Mittwoch 25.12.	Zeit
07:00		07:00
08:00	allgemeines Fitnesstraining Kraft & Fitness 08:00 - 12:00	08:00
09:00		09:00
10:00		10:00
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16:00	allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00	16:00
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Zeit	Mittwoch 25.12.	Zeit
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16:00	Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00	16:00
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Zeit	Donnerstag 26.12.	Zeit
07:00		07:00
08:00	allgemeines Fitnesstraining Kraft & Fitness 08:00 - 12:00	08:00
09:00		09:00
10:00		10:00
11:00		11:00
12:00		12:00
13:00		13:00
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15:00		15:00
16:00	allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00	16:00
17:00		17:00
18:00	Jugendliche / Erwachsene Gewichtheben 18:00 - 20:00	18:00
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Zeit	Freitag 27.12.	Zeit
07:00		07:00
08:00	allgemeines Fitnesstraining Kraft & Fitness 08:00 - 12:00	08:00
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15:00		15:00
16:00	allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00	16:00
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Zeit	Freitag 27.12.	Zeit
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16:00	Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00	16:00
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Zeit	Samstag 28.12.	Zeit
07:00		07:00
08:00		08:00
09:00		09:00
10:00	allgemeines Fitnesstraining Kraft & Fitness 10:00 - 13:00	10:00
11:00		11:00
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Zeit	Sonntag 29.12.	Zeit
07:00		07:00
08:00		08:00
09:00		09:00
10:00	allgemeines Fitnesstraining Kraft & Fitness 10:00 - 13:00	10:00
11:00		11:00
12:00		12:00
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