BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 30 / 1938

Zeit	Montag 25.07.	Dienstag 26.07.	Mittwoch 27.07.	Donnerstag 28.07.	Freitag 29.07.	Samstag 30.07.	Sonntag 31.07.	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
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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 25.07.	Zeit
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16:00	Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00	16:00
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Zeit	Dienstag 26.07.	Zeit
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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	Mittwoch 27.07.	Zeit
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08:00	allgemeines Fitnesstraining Kraft & Fitness 08:00 - 12:00	08:00
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Zeit	Mittwoch 27.07.	Zeit
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16:00	Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00	16:00
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Zeit	Donnerstag 28.07.	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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18:00	Jugendliche / Erwachsene Gewichtheben 18:00 - 20:00	18:00
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Zeit	Freitag 29.07.	Zeit
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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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16:00	Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00	16:00
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Zeit	Samstag 30.07.	Zeit
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09:00		09:00
10:00	allgemeines Fitnesstraining Kraft & Fitness 10:00 - 13:00	10:00
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Zeit	Sonntag 31.07.	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
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