BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 52 / 1977

Zeit	Montag 26.12.	Dienstag 27.12.	Mittwoch 28.12.	Donnerstag 29.12.	Freitag 30.12.	Samstag 31.12.	Sonntag 01.01.	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
11:00								11:00
12:00								12:00
13:00								13:00
14:00								14:00
15:00								15:00
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						18:00
19:00								19:00
20:00								20:00
21:00								21:00
22:00								22:00
23:00								23:00
00:00								00:00

Zeit	Montag 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
14:00		14:00
15:00		15:00
16:00	allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00	16:00
17:00		17:00
18:00		18:00
19:00		19:00
20:00		20:00
21:00		21:00
22:00		22:00
23:00		23:00
00:00		00:00

Zeit	Montag 26.12.	Zeit
07:00		07:00
08:00		08:00
09:00		09:00
10:00		10:00
11:00		11:00
12:00		12:00
13:00		13:00
14:00		14:00
15:00		15:00
16:00	Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00	16:00
17:00		17:00
18:00		18:00
19:00		19:00
20:00		20:00
21:00		21:00
22:00		22:00
23:00		23:00
00:00		00:00

Zeit	Dienstag 27.12.	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
14:00		14:00
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
19:00		19:00
20:00		20:00
21:00		21:00
22:00		22:00
23:00		23:00
00:00		00:00

Zeit	Mittwoch 28.12.	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
14:00		14:00
15:00		15:00
16:00	allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00	16:00
17:00		17:00
18:00		18:00
19:00		19:00
20:00		20:00
21:00		21:00
22:00		22:00
23:00		23:00
00:00		00:00

Zeit	Mittwoch 28.12.	Zeit
07:00		07:00
08:00		08:00
09:00		09:00
10:00		10:00
11:00		11:00
12:00		12:00
13:00		13:00
14:00		14:00
15:00		15:00
16:00	Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00	16:00
17:00		17:00
18:00		18:00
19:00		19:00
20:00		20:00
21:00		21:00
22:00		22:00
23:00		23:00
00:00		00:00

Zeit	Donnerstag 29.12.	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
14:00		14:00
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
19:00		19:00
20:00		20:00
21:00		21:00
22:00		22:00
23:00		23:00
00:00		00:00

Zeit	Freitag 30.12.	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
14:00		14:00
15:00		15:00
16:00	allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00	16:00
17:00		17:00
18:00		18:00
19:00		19:00
20:00		20:00
21:00		21:00
22:00		22:00
23:00		23:00
00:00		00:00

Zeit	Freitag 30.12.	Zeit
07:00		07:00
08:00		08:00
09:00		09:00
10:00		10:00
11:00		11:00
12:00		12:00
13:00		13:00
14:00		14:00
15:00		15:00
16:00	Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00	16:00
17:00		17:00
18:00		18:00
19:00		19:00
20:00		20:00
21:00		21:00
22:00		22:00
23:00		23:00
00:00		00:00

Zeit	Samstag 31.12.	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
13:00		13:00
14:00		14:00
15:00		15:00
16:00		16:00
17:00		17:00
18:00		18:00
19:00		19:00
20:00		20:00
21:00		21:00
22:00		22:00
23:00		23:00
00:00		00:00

Zeit	Sonntag 01.01.	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
13:00		13:00
14:00		14:00
15:00		15:00
16:00		16:00
17:00		17:00
18:00		18:00
19:00		19:00
20:00		20:00
21:00		21:00
22:00		22:00
23:00		23:00
00:00		00:00