

# BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 09 / 2031

| Zeit  | Montag<br>24.02.                                                   | Dienstag<br>25.02.                                                 | Mittwoch<br>26.02.                                                 | Donnerstag<br>27.02.                                               | Freitag<br>28.02.                                                  | Samstag<br>01.03.                                                  | Sonntag<br>02.03.                                                      | Zeit  |
|-------|--------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------|-------|
| 07:00 |                                                                    |                                                                    |                                                                    |                                                                    |                                                                    |                                                                    |                                                                        | 07:00 |
| 08:00 | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>08:00 - 12:00 | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>08:00 - 12:00 | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>08:00 - 12:00 | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>08:00 - 12:00 | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>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<br>Fitnesstraining<br>Kraft & Fitness<br>16:00 - 22:00 | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>16:00 - 22:00 | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>16:00 - 22:00 | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>16:00 - 22:00 | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>16:00 - 22:00 | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>16:00 - 22:00 | Gewichthebertr<br>aining<br>allgemein<br>Gewichtheben<br>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 |