

## BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 01 / 2043

| Zeit  | Montag<br>29.12.                                                   |                                                                    | Dienstag<br>30.12.                                                 |  | Mittwoch<br>31.12.                                                 |                                                                    | Donnerstag<br>01.01.                                               |  | Freitag<br>02.01.                                                  |                                                                    | Samstag<br>03.01. |                                                              | Sonntag<br>04.01. |                                                              | 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 | Gewichthebertraining<br>allgemein<br>Gewichtheben<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 | Gewichthebertraining<br>allgemein<br>Gewichtheben<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 | Gewichthebertraining<br>allgemein<br>Gewichtheben<br>16:00 - 22:00 |                   |                                                              |                   |                                                              | 16:00 |       |  |  |       |
| 17:00 |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                   |                                                              |                   |                                                              | 17:00 |       |  |  |       |
| 18:00 |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                   | Jugendliche /<br>Erwachsene<br>Gewichtheben<br>18:00 - 20:00 |                   | Jugendliche /<br>Erwachsene<br>Gewichtheben<br>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 |       |  |  |       |