

## BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 29 / 2043

| Zeit  | Montag<br>13.07.                                                    |                                                                    | Dienstag<br>14.07.                                                  | Mittwoch<br>15.07. |                                                                     | Donnerstag<br>16.07.                                               |                                                                     | Freitag<br>17.07.                                                  |  | Samstag<br>18.07. | Sonntag<br>19.07. | Zeit  |                                                              |  |                                                              |  |       |       |
|-------|---------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------------|--------------------|---------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------------|--|-------------------|-------------------|-------|--------------------------------------------------------------|--|--------------------------------------------------------------|--|-------|-------|
| 07:00 |                                                                     |                                                                    |                                                                     |                    |                                                                     |                                                                    |                                                                     |                                                                    |  |                   |                   | 07:00 |                                                              |  |                                                              |  |       |       |
| 08:00 | allgemeines<br>Fitnessstraining<br>Kraft & Fitness<br>08:00 - 12:00 |                                                                    | allgemeines<br>Fitnessstraining<br>Kraft & Fitness<br>08:00 - 12:00 |                    | allgemeines<br>Fitnessstraining<br>Kraft & Fitness<br>08:00 - 12:00 |                                                                    | allgemeines<br>Fitnessstraining<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>Fitnessstraining<br>Kraft & Fitness<br>16:00 - 22:00 | Gewichthebertraining<br>allgemein<br>Gewichtheben<br>16:00 - 22:00 | allgemeines<br>Fitnessstraining<br>Kraft & Fitness<br>16:00 - 22:00 |                    | allgemeines<br>Fitnessstraining<br>Kraft & Fitness<br>16:00 - 22:00 | Gewichthebertraining<br>allgemein<br>Gewichtheben<br>16:00 - 22:00 | allgemeines<br>Fitnessstraining<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 |                                                              |  |                                                              |  |       |       |