

## BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 10 / 2055

| Zeit  | Montag<br>08.03.                                                   |                                                                    | Dienstag<br>09.03.                                                 |  | Mittwoch<br>10.03.                                                 |                                                                    | Donnerstag<br>11.03.                                               |  | Freitag<br>12.03.                                                  |                                                                    | Samstag<br>13.03. |                                                              | Sonntag<br>14.03. |       | 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 | 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 |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                   |                                                              |                   |       |                                                              |  |  |  |  |       |       |       |
| 21:00 |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                   |                                                              |                   | 21:00 |                                                              |  |  |  |  |       |       |       |
| 22:00 |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                   |                                                              |                   |       | 22:00                                                        |  |  |  |  |       |       |       |
| 23:00 |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                   |                                                              |                   |       | 23:00                                                        |  |  |  |  |       |       |       |
| 00:00 |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                   |                                                              |                   |       | 00:00                                                        |  |  |  |  |       |       |       |