# BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 18 / 2091

| Zeit | Montag 30.04. | Dienstag 01.05. | Mittwoch 02.05. | Donnerstag 03.05. | Freitag 04.05. | Samstag 05.05. | Sonntag 06.05. | 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 | | | | | | | | 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 |
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| 23:00 | | | | | | | | 23:00 |
| 00:00 | | | | | | | | 00:00 |

| Zeit | Montag 30.04. | Dienstag 01.05. | Mittwoch 02.05. | Donnerstag 03.05. | Freitag 04.05. | Samstag 05.05. | Sonntag 06.05. | Zeit |
|---|---|---|---|---|---|---|---|---|
| 16:00 | Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00 | | Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00 | | Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00 | | | 16:00 |
| 17:00 | | | | | | | | 17:00 |
| 18:00 | | | | Jugendliche / Erwachsene Gewichtheben 18:00 - 20:00 | | | | 18:00 |
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