BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 04 / 2094

Zeit	Montag 25.01.	Dienstag 26.01.	Mittwoch 27.01.	Donnerstag 28.01.	Freitag 29.01.	Samstag 30.01.	Sonntag 31.01.	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
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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
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Zeit	Montag 25.01.	Zeit
07:00		07:00
08:00	allgemeines Fitnesstraining Kraft & Fitness 08:00 - 12:00	08:00
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16:00	allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00	16:00
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Zeit	Dienstag 26.01.	Zeit
07:00		07:00
08:00	allgemeines Fitnesstraining Kraft & Fitness 08:00 - 12:00	08:00
09:00		09:00
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16:00	allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00	16:00
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18:00	Jugendliche / Erwachsene Gewichtheben 18:00 - 20:00	18:00
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Zeit	Mittwoch 27.01.	Zeit
07:00		07:00
08:00	allgemeines Fitnesstraining Kraft & Fitness 08:00 - 12:00	08:00
09:00		09:00
10:00		10:00
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16:00	allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00	16:00
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Zeit	Donnerstag 28.01.	Zeit
07:00		07:00
08:00	allgemeines Fitnesstraining Kraft & Fitness 08:00 - 12:00	08:00
09:00		09:00
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11:00		11:00
12:00		12:00
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16:00	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
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Zeit	Freitag 29.01.	Zeit
07:00		07:00
08:00	allgemeines Fitnesstraining Kraft & Fitness 08:00 - 12:00	08:00
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16:00	allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00	16:00
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Zeit	Samstag 30.01.	Zeit
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Zeit	Sonntag 31.01.	Zeit
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Zeit	Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00	Zeit
07:00		07:00
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16:00	Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00	16:00
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Zeit	Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00	Zeit
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16:00	Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00	16:00
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