# BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 43 / 2095

| Zeit | Montag 24.10. | Dienstag 25.10. | Mittwoch 26.10. | Donnerstag 27.10. | Freitag 28.10. | Samstag 29.10. | Sonntag 30.10. | 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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| 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 | | Jugendliche / Erwachsene Gewichtheben 18:00 - 20:00 | | | | 18:00 |
| 19:00 | | | | | | | | 19:00 |
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| Zeit | Montag 24.10. | Zeit |
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| 07:00 | | 07:00 |
| 08:00 | Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00 | 08:00 |
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| 16:00 | Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00 | 16:00 |
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