# BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 42 / 2096

| Zeit | Montag 15.10. | Dienstag 16.10. | Mittwoch 17.10. | Donnerstag 18.10. | Freitag 19.10. | Samstag 20.10. | Sonntag 21.10. | 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 |
| 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 |
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| 22:00 | | | | | | | | 22:00 |
| 23:00 | | | | | | | | 23:00 |
| 00:00 | | | | | | | | 00:00 |

| Zeit | Montag 15.10. | Dienstag 16.10. | Mittwoch 17.10. | Donnerstag 18.10. | Freitag 19.10. | Samstag 20.10. | Sonntag 21.10. | 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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