# BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 47 / 2102

| Zeit | Montag 20.11. | Dienstag 21.11. | Mittwoch 22.11. | Donnerstag 23.11. | Freitag 24.11. | Samstag 25.11. | Sonntag 26.11. | 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 / Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00 | allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00 | allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00 / Gewichthebertraining allgemein Gewichtheben 16:00 - 22:00 | allgemeines Fitnesstraining Kraft & Fitness 16:00 - 22:00 | allgemeines Fitnesstraining Kraft & Fitness 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 | | Jugendliche / Erwachsene Gewichtheben 18:00 - 20:00 | | | | 18:00 |
| 19:00 | | | | | | | | 19:00 |
| 20:00 | | | | | | | | 20:00 |
| 21:00 | | | | | | | | 21:00 |
| 22:00 | | | | | | | | 22:00 |
| 23:00 | | | | | | | | 23:00 |
| 00:00 | | | | | | | | 00:00 |