# BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 48 / 2106

| Zeit | Montag 29.11. | Dienstag 30.11. | Mittwoch 01.12. | Donnerstag 02.12. | Freitag 03.12. | Samstag 04.12. | Sonntag 05.12. | Zeit |
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| 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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