# BELEGUNGSPLAN – KLEINE SPORTHALLE

KW 42 / 2026

| Zeit | Montag 12.10. | Dienstag 13.10. | Mittwoch 14.10. | Donnerstag 15.10. | Freitag 16.10. | Samstag 17.10. | Sonntag 18.10. | Zeit |
|---|---|---|---|---|---|---|---|---|
| 08:00 | | | | | | | | 08:00 |
| 09:00 | | | | | | | | 09:00 |
| 10:00 | | allgemeines Fitnesstraining<br>Kraft & Fitness<br>10:15 - 11:00 | | | | | | 10:00 |
| 11:00 | | | | | Kraft & Fitness<br>11:00 - 11:45 | | | 11:00 |
| 12:00 | | | | | | | | 12:00 |
| 13:00 | | | | | | | | 13:00 |
| 14:00 | | | | | | | | 14:00 |
| 15:00 | | | | | Karate<br>15:30 - 20:00 | | | 15:00 |
| 16:00 | | Judo<br>16:00 - 19:15 | Karate<br>16:30 - 21:30 | Judo<br>16:45 - 19:30 | | | | 16:00 |
| 17:00 | Judo<br>17:15 - 18:45 | | | | | | | 17:00 |
| 18:00 | | | | | | | | 18:00 |
| 19:00 | Karate<br>18:45 - 21:30 | Yoga<br>Gesundheitssport<br>19:15 - 20:45 | | Yoga<br>Gesundheitssport<br>19:30 - 20:30 | | | | 19:00 |
| 20:00 | | | | | Kobudo<br>Karate<br>20:00 - 21:30 | | | 20:00 |
| 21:00 | | | | | | | | 21:00 |
| 22:00 | | | | | | | | 22:00 |
| 23:00 | | | | | | | | 23:00 |