

# BELEGUNGSPLAN – KLEINE SPORTHALLE

KW 48 / 2030

| Zeit  | Montag<br>25.11.        | Dienstag<br>26.11.                                              | Mittwoch<br>27.11.      | Donnerstag<br>28.11.                      | Freitag<br>29.11.                 | Samstag<br>30.11. | Sonntag<br>01.12.       | Zeit  |
|-------|-------------------------|-----------------------------------------------------------------|-------------------------|-------------------------------------------|-----------------------------------|-------------------|-------------------------|-------|
| 07:00 |                         |                                                                 |                         |                                           |                                   |                   |                         | 07:00 |
| 08:00 |                         |                                                                 |                         |                                           |                                   |                   |                         | 08:00 |
| 09:00 |                         |                                                                 |                         |                                           |                                   |                   |                         | 09:00 |
| 10:00 |                         | allgemeines Fitnesstraining<br>Kraft & Fitness<br>10:15 - 11:00 |                         |                                           |                                   |                   | Karate<br>10:00 - 14:00 | 10:00 |
| 11:00 |                         |                                                                 |                         |                                           | Kraft & Fitness<br>11:00 - 11:45  |                   |                         | 11:00 |
| 12:00 |                         |                                                                 |                         |                                           |                                   |                   |                         | 12:00 |
| 13:00 |                         |                                                                 |                         |                                           |                                   |                   |                         | 13:00 |
| 14:00 |                         |                                                                 |                         |                                           |                                   |                   | Judo<br>14:00 - 16:00   | 14:00 |
| 15:00 |                         |                                                                 |                         |                                           | Karate<br>15:30 - 20:00           |                   |                         | 15:00 |
| 16:00 | Judo<br>16:00 - 17:15   | 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 |
| 00:00 |                         |                                                                 |                         |                                           |                                   |                   |                         | 00:00 |