BELEGUNGSPLAN – KLEINE SPORTHALLE

KW 02 / 2034

Zeit	Montag 09.01.	Dienstag 10.01.	Mittwoch 11.01.	Donnerstag 12.01.	Freitag 13.01.	Samstag 14.01.	Sonntag 15.01.	Zeit
07:00								07:00
08:00								08:00
09:00								09:00
10:00		allgemeines Fitnesstraining Kraft & Fitness 10:15 - 11:00					Karate 10:00 - 14:00	10:00
11:00					Kraft & Fitness 11:00 - 11:45			11:00
12:00								12:00
13:00								13:00
14:00							Judo 14:00 - 16:00	14:00
15:00								15:00
16:00	Judo 16:00 - 17:15	Judo 16:00 - 19:15	Karate 16:30 - 21:30	Judo 16:45 - 19:30	Karate 15:30 - 20:00			16:00
17:00	Judo 17:15 - 18:45							17:00
18:00								18:00
19:00	Karate 18:45 - 21:30	Yoga Gesundheitssport 19:15 - 20:45		Yoga Gesundheitssport 19:30 - 20:30				19:00
20:00					Kobudo Karate 20:00 - 21:30			20:00
21:00								21:00
22:00								22:00
23:00								23:00
00:00								00:00