# BELEGUNGSPLAN – FITNESS-CENTER

KW 36 / 2026

| Zeit | Montag<br>31.08. | Dienstag<br>01.09. | Mittwoch<br>02.09. | Donnerstag<br>03.09. | Freitag<br>04.09. | Samstag<br>05.09. | Sonntag<br>06.09. | Zeit |
|---|---|---|---|---|---|---|---|---|
| 08:00 | **allgemeines Fitnesstraining**<br>**Kraft & Fitness**<br>**08:00 - 12:00** | **allgemeines Fitnesstraining**<br>**Kraft & Fitness**<br>**08:00 - 12:00** | **allgemeines Fitnesstraining**<br>**Kraft & Fitness**<br>**08:00 - 12:00** | **allgemeines Fitnesstraining**<br>**Kraft & Fitness**<br>**08:00 - 12:00** | **allgemeines Fitnesstraining**<br>**Kraft & Fitness**<br>**08:00 - 12:00** | | | 08:00 |
| 09:00 | | | | | | | | 09:00 |
| 10:00 | | | | | | **allgemeines Fitnesstraining**<br>**Kraft & Fitness**<br>**10:00 - 13:00** | **allgemeines Fitnesstraining**<br>**Kraft & Fitness**<br>**10:00 - 13:00** | 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**<br>**Kraft & Fitness**<br>**16:00 - 22:00** | **allgemeines Fitnesstraining**<br>**Kraft & Fitness**<br>**16:00 - 22:00** | **allgemeines Fitnesstraining**<br>**Kraft & Fitness**<br>**16:00 - 22:00** | **allgemeines Fitnesstraining**<br>**Kraft & Fitness**<br>**16:00 - 22:00** | **Kraft & Fitness**<br>**16:00 - 22:00** | | | 16:00 |
| 17:00 | | | | | | | | 17:00 |
| 18:00 | | | | | | | | 18:00 |
| 19:00 | | | | | | | | 19:00 |
| 20:00 | | | | | | | | 20:00 |
| 21:00 | | | | | | | | 21:00 |
| 22:00 | | | | | | | | 22:00 |
| 23:00 | | | | | | | | 23:00 |