BELEGUNGSPLAN – FITNESS-CENTER

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	**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
09:00								09:00
10:00						**allgemeines Fitnesstraining** **Kraft & Fitness** **10:00 - 18:00**	**allgemeines Fitnesstraining** **Kraft & Fitness** **10:00 - 18:00**	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** **Kraft & Fitness** **16:00 - 22:00**	**allgemeines Fitnesstraining** **Kraft & Fitness** **16:00 - 22:00**	**allgemeines Fitnesstraining** **Kraft & Fitness** **16:00 - 22:00**	**allgemeines Fitnesstraining** **Kraft & Fitness** **16:00 - 22:00**	**Kraft & Fitness** **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