

# BELEGUNGSPLAN – FITNESS-CENTER

KW 40 / 2028

| Zeit  | Montag<br>02.10.                                                | Dienstag<br>03.10.                                              | Mittwoch<br>04.10.                                              | Donnerstag<br>05.10.                                            | Freitag<br>06.10.                                               | Samstag<br>07.10.                                               | Sonntag<br>08.10.                                               | 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 - 18:00 | allgemeines Fitnesstraining<br>Kraft & Fitness<br>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<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 |  |       |