

# BELEGUNGSPLAN – FITNESS-CENTER

KW 42 / 2029

| Zeit  | Montag<br>15.10.                                                | Dienstag<br>16.10.                                              | Mittwoch<br>17.10.                                              | Donnerstag<br>18.10.                                            | Freitag<br>19.10.                                               | Samstag<br>20.10.                                               | Sonntag<br>21.10.                                               | Zeit  |
|-------|-----------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|-------|
| 07:00 |                                                                 |                                                                 |                                                                 |                                                                 |                                                                 |                                                                 |                                                                 | 07:00 |
| 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                                                           |       |
| 00:00 |                                                                 |                                                                 |                                                                 |                                                                 |                                                                 |                                                                 | 00:00                                                           |       |