

BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 01 / 2024

| Zeit  | Montag<br>01.01.                                                   | Dienstag<br>02.01.                                                     | Mittwoch<br>03.01.                                                 | Donnerstag<br>04.01.                                                   | Freitag<br>05.01.                                                  | Samstag<br>06.01.                                                      | Sonntag<br>07.01.                                               | Zeit  |
|-------|--------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------|-------|
| 07:00 |                                                                    |                                                                        |                                                                    |                                                                        |                                                                    |                                                                        |                                                                 | 07:00 |
| 08:00 | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>08:00 - 12:00 | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>08:00 - 12:00     | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>08:00 - 12:00 | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>08:00 - 12:00     | allgemeines<br>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<br>Fitnesstraining<br>Kraft & Fitness<br>16:00 - 22:00 | Gewichthebertr<br>aining<br>allgemein<br>Gewichtheben<br>16:00 - 22:00 | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>16:00 - 22:00 | Gewichthebertr<br>aining<br>allgemein<br>Gewichtheben<br>16:00 - 22:00 | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>16:00 - 22:00 | Gewichthebertr<br>aining<br>allgemein<br>Gewichtheben<br>16:00 - 22:00 |                                                                 | 16:00 |
| 17:00 |                                                                    |                                                                        |                                                                    |                                                                        |                                                                    |                                                                        |                                                                 | 17:00 |
| 18:00 |                                                                    | Jugendliche /<br>Erwachsene<br>Gewichtheben<br>18:00 - 20:00           |                                                                    | Jugendliche /<br>Erwachsene<br>Gewichtheben<br>18:00 - 20:00           |                                                                    |                                                                        |                                                                 | 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 |