

## BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 02 / 2024

| Zeit  | Montag<br>08.01.                                                    |                                                                    | Dienstag<br>09.01.                                                  |  | Mittwoch<br>10.01.                                                  |                                                                    | Donnerstag<br>11.01.                                                |  | Freitag<br>12.01.                                                   |                                                                    | Samstag<br>13.01. |                                                              | Sonntag<br>14.01.                                                |                                                                  | Zeit  |  |       |  |       |
|-------|---------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------------|--|---------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------------|--|---------------------------------------------------------------------|--------------------------------------------------------------------|-------------------|--------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|-------|--|-------|--|-------|
| 07:00 |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                   |                                                              |                                                                  |                                                                  | 07:00 |  |       |  |       |
| 08:00 | allgemeines<br>Fitnessstraining<br>Kraft & Fitness<br>08:00 - 12:00 |                                                                    | allgemeines<br>Fitnessstraining<br>Kraft & Fitness<br>08:00 - 12:00 |  | allgemeines<br>Fitnessstraining<br>Kraft & Fitness<br>08:00 - 12:00 |                                                                    | allgemeines<br>Fitnessstraining<br>Kraft & Fitness<br>08:00 - 12:00 |  | allgemeines<br>Fitnessstraining<br>Kraft & Fitness<br>08:00 - 12:00 |                                                                    |                   |                                                              |                                                                  |                                                                  | 08:00 |  |       |  |       |
| 09:00 |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                   |                                                              |                                                                  |                                                                  |       |  |       |  |       |
| 10:00 |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                   |                                                              | allgemeines Fitnessstraining<br>Kraft & Fitness<br>10:00 - 13:00 | allgemeines Fitnessstraining<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>Fitnessstraining<br>Kraft & Fitness<br>16:00 - 22:00 | Gewichthebertraining<br>allgemein<br>Gewichtheben<br>16:00 - 22:00 | allgemeines<br>Fitnessstraining<br>Kraft & Fitness<br>16:00 - 22:00 |  | allgemeines<br>Fitnessstraining<br>Kraft & Fitness<br>16:00 - 22:00 | Gewichthebertraining<br>allgemein<br>Gewichtheben<br>16:00 - 22:00 | allgemeines<br>Fitnessstraining<br>Kraft & Fitness<br>16:00 - 22:00 |  | allgemeines<br>Fitnessstraining<br>Kraft & Fitness<br>16:00 - 22:00 | Gewichthebertraining<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 |  |       |  |       |