

# BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 08 / 2024

| Zeit  | Montag<br>19.02.                                                    |                                                                    | Dienstag<br>20.02.                                                  |  | Mittwoch<br>21.02.                                                  |                                                                    | Donnerstag<br>22.02.                                                |  | Freitag<br>23.02.                                                   |                                                                    | Samstag<br>24.02. |                                                              | Sonntag<br>25.02.                                                |                                                                  | 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 |                                                              |  |  |  |  |  |  |  |
| 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 |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                   |                                                              |                                                                  |                                                                  |                                                              |  |  |  |  |  |  |  |
| 18:00 |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                   | Jugendliche /<br>Erwachsene<br>Gewichtheben<br>18:00 - 20:00 |                                                                  |                                                                  | Jugendliche /<br>Erwachsene<br>Gewichtheben<br>18:00 - 20:00 |  |  |  |  |  |  |  |
| 19:00 |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                   |                                                              |                                                                  |                                                                  |                                                              |  |  |  |  |  |  |  |
| 20:00 |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                   |                                                              |                                                                  |                                                                  |                                                              |  |  |  |  |  |  |  |
| 21:00 |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                   |                                                              |                                                                  |                                                                  | 21:00                                                        |  |  |  |  |  |  |  |
| 22:00 |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                   |                                                              |                                                                  |                                                                  | 22:00                                                        |  |  |  |  |  |  |  |
| 23:00 |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                   |                                                              |                                                                  |                                                                  | 23:00                                                        |  |  |  |  |  |  |  |
| 00:00 |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                                                                     |  |                                                                     |                                                                    |                   |                                                              |                                                                  |                                                                  | 00:00                                                        |  |  |  |  |  |  |  |