

BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 45 / 2030

| Zeit  | Montag<br>04.11.                                                    | Dienstag<br>05.11.                                                     | Mittwoch<br>06.11.                                                  | Donnerstag<br>07.11.                                                   | Freitag<br>08.11.                                                   | Samstag<br>09.11.                                                      | Sonntag<br>10.11. | 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 |                                                                     |                                                                        |                                                                     |                                                                        |                                                                     |                                                                        |                   | 09:00 |
| 10:00 |                                                                     |                                                                        |                                                                     |                                                                        |                                                                     |                                                                        |                   | 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 | Gewichthebertr<br>aining<br>allgemein<br>Gewichtheben<br>16:00 - 22:00 | allgemeines<br>Fitnessstraining<br>Kraft & Fitness<br>16:00 - 22:00 | Gewichthebertr<br>aining<br>allgemein<br>Gewichtheben<br>16:00 - 22:00 | allgemeines<br>Fitnessstraining<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 |