

## BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 11 / 2034

| Zeit  | Montag<br>13.03.                                                   |                                                                    | Dienstag<br>14.03.                                                 |  | Mittwoch<br>15.03.                                                 |                                                                    | Donnerstag<br>16.03.                                               |  | Freitag<br>17.03.                                                  |                                                                    | Samstag<br>18.03.                                            |  | Sonntag<br>19.03.                                            |  | 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 |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                                                              |  |                                                              |  |       | 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 | Gewichthebertraining<br>allgemein<br>Gewichtheben<br>16:00 - 22:00 | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>16:00 - 22:00 |  | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>16:00 - 22:00 | Gewichthebertraining<br>allgemein<br>Gewichtheben<br>16:00 - 22:00 | allgemeines<br>Fitnesstraining<br>Kraft & Fitness<br>16:00 - 22:00 |  | allgemeines<br>Fitnesstraining<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 |       |       |