

## BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 30 / 2036

| Zeit  | Montag<br>21.07.                                                    |                                                                    | Dienstag<br>22.07.                                                  |                                                              | Mittwoch<br>23.07.                                                  |                                                                    | Donnerstag<br>24.07.                                                |                                                              | Freitag<br>25.07.                                                   |                                                                    | Samstag<br>26.07. |  | Sonntag<br>27.07. |  | 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 | Gewichthebertraining<br>allgemein<br>Gewichtheben<br>16:00 - 22:00 | allgemeines<br>Fitnessstraining<br>Kraft & Fitness<br>16:00 - 22:00 | Jugendliche /<br>Erwachsene<br>Gewichtheben<br>18:00 - 20:00 | 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 | Jugendliche /<br>Erwachsene<br>Gewichtheben<br>18:00 - 20:00 | 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 |                                                                     |                                                                    |                                                                     |                                                              |                                                                     |                                                                    |                                                                     |                                                              |                                                                     |                                                                    |                   |  |                   |  | 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 |       |