

## BELEGUNGSPLAN – GROSSER KRAFTRAUM

KW 20 / 2040

| Zeit  | Montag<br>14.05.                                                   |                                                                    | Dienstag<br>15.05.                                                 |  | Mittwoch<br>16.05.                                                 |                                                                    | Donnerstag<br>17.05.                                               |  | Freitag<br>18.05.                                                  |                                                                    | Samstag<br>19.05. | Sonntag<br>20.05.                                            | 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 |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                   |                                                              |       |                                                              |  |  |  |       |
| 21:00 |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                   | 21:00                                                        |       |                                                              |  |  |  |       |
| 22:00 |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                   |                                                              | 22:00 |                                                              |  |  |  |       |
| 23:00 |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                   |                                                              | 23:00 |                                                              |  |  |  |       |
| 00:00 |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                                                                    |  |                                                                    |                                                                    |                   |                                                              | 00:00 |                                                              |  |  |  |       |