# BELEGUNGSPLAN – KLEINE SPORTHALLE

KW 50 / 2029

| Zeit | Montag 10.12. | Dienstag 11.12. | Mittwoch 12.12. | Donnerstag 13.12. | Freitag 14.12. | Samstag 15.12. | Sonntag 16.12. | Zeit |
|---|---|---|---|---|---|---|---|---|
| 08:00 | | | | | | | | 08:00 |
| 09:00 | | | | | | | | 09:00 |
| 10:00 | | allgemeines Fitnesstraining Kraft & Fitness 10:15 - 11:00 | | | | | Karate 10:00 - 14:00 | 10:00 |
| 11:00 | | | | | Kraft & Fitness 11:00 - 11:45 | | | 11:00 |
| 12:00 | | | | | | | | 12:00 |
| 13:00 | | | | | | | | 13:00 |
| 14:00 | | | | | | | Judo 14:00 - 16:00 | 14:00 |
| 15:00 | | | | | Karate 15:30 - 20:00 | | | 15:00 |
| 16:00 | | Judo 16:00 - 19:15 | Karate 16:30 - 21:30 | Judo 16:45 - 19:30 | | | | 16:00 |
| 17:00 | Judo 17:15 - 18:45 | | | | | | | 17:00 |
| 18:00 | | | | | | | | 18:00 |
| 19:00 | Karate 18:45 - 21:30 | Yoga Gesundheitssport 19:15 - 20:45 | | Yoga Gesundheitssport 19:30 - 20:30 | | | | 19:00 |
| 20:00 | | | | | Kobudo Karate 20:00 - 21:30 | | | 20:00 |
| 21:00 | | | | | | | | 21:00 |
| 22:00 | | | | | | | | 22:00 |
| 23:00 | | | | | | | | 23:00 |