

# BELEGUNGSPLAN – FITNESS-CENTER

KW 49 / 2030

| Zeit  | Montag<br>02.12.                                                | Dienstag<br>03.12.                                              | Mittwoch<br>04.12.                                              | Donnerstag<br>05.12.                                            | Freitag<br>06.12.                                               | Samstag<br>07.12. | Sonntag<br>08.12. | Zeit  |
|-------|-----------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|-------------------|-------------------|-------|
| 08:00 | allgemeines Fitnesstraining<br>Kraft & Fitness<br>08:00 - 12:00 | allgemeines Fitnesstraining<br>Kraft & Fitness<br>08:00 - 12:00 | allgemeines Fitnesstraining<br>Kraft & Fitness<br>08:00 - 12:00 | allgemeines Fitnesstraining<br>Kraft & Fitness<br>08:00 - 12:00 | allgemeines 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 Fitnesstraining<br>Kraft & Fitness<br>16:00 - 22:00 | allgemeines Fitnesstraining<br>Kraft & Fitness<br>16:00 - 22:00 | allgemeines Fitnesstraining<br>Kraft & Fitness<br>16:00 - 22:00 | allgemeines Fitnesstraining<br>Kraft & Fitness<br>16:00 - 22:00 | Kraft & Fitness<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 |