

# Belegung Kraftraum 2021/2022

| Zeit          | Montag            | Dienstag   | Mittwoch   | Donnerstag | Freitag    | Samstag            | Sonntag    |
|---------------|-------------------|------------|------------|------------|------------|--------------------|------------|
| 07:00 - 08:00 |                   |            |            |            |            |                    |            |
| 08:00 - 09:00 |                   |            |            |            |            |                    |            |
| 09:00 - 09:30 | Functional        |            |            |            |            |                    |            |
| 09:30 - 10:00 | Fitness ab 15.11. |            |            | Fit&Fun    |            | Rudern             |            |
| 10:00 - 10:30 |                   | Fit&Fun    |            |            |            |                    |            |
| 10:30 - 11:00 |                   |            |            |            |            |                    |            |
| 11:00 - 11:30 |                   |            | Individual |            | Ski-Club   | Functional         |            |
| 11:30 - 12:00 |                   |            |            | Individual |            | Fitness ab Jan. 22 |            |
| 12:00 - 12:30 |                   | Individual |            |            |            |                    |            |
| 12:30 - 13:00 | Individual        |            |            |            |            |                    |            |
| 13:00 - 13:30 |                   |            |            |            | Individual |                    |            |
| 13:30 - 14:00 |                   |            |            |            |            |                    |            |
| 14:00 - 14:30 |                   |            |            |            |            | Individual         | Individual |
| 14:30 - 15:00 |                   |            |            |            |            |                    |            |
| 15:00 - 15:30 |                   |            |            |            |            |                    |            |
| 15:30 - 15:45 |                   |            |            |            |            |                    |            |
| 15:45 - 16:00 |                   |            |            |            |            |                    |            |
| 16:00 - 16:15 |                   |            |            |            |            |                    |            |
| 16:15 - 16:30 |                   |            |            |            |            |                    |            |
| 16:30 - 16:45 |                   |            |            |            |            |                    |            |
| 16:45 - 17:00 |                   |            |            |            |            |                    |            |
| 17:00 - 17:15 |                   | Rudern     |            | Rudern     |            |                    |            |
| 17:15 - 17:30 |                   |            |            |            | Rudern     |                    |            |
| 17:30 - 17:45 |                   |            |            |            |            |                    |            |
| 17:45 - 18:00 |                   |            |            |            |            |                    |            |

|               |            |            |            |            |            |  |  |
|---------------|------------|------------|------------|------------|------------|--|--|
| 18:00 - 18:15 |            |            |            |            |            |  |  |
| 18:15 - 18:30 |            |            |            |            |            |  |  |
| 18:30 - 18:45 |            |            | Fit&Fun    |            |            |  |  |
| 18:45 - 19:00 |            |            |            |            |            |  |  |
| 19:00 - 19:15 |            |            |            |            |            |  |  |
| 19:15 - 19:30 |            |            |            |            | Individual |  |  |
| 19:30 - 19:45 | Fit&Fun    |            |            |            |            |  |  |
| 19:45 - 20:00 |            | Hockey     | Individual | Hockey     |            |  |  |
| 20:00 - 20:15 |            |            |            |            |            |  |  |
| 20:15 - 20:30 |            |            |            |            |            |  |  |
| 20:30 - 20:45 |            |            |            |            |            |  |  |
| 20:45 - 21:00 |            | Functional |            | Functional |            |  |  |
| 21:00 - 21:15 |            | Fitness    |            | Fitness    |            |  |  |
| 21:15 - 21:30 | Individual | ab 16.11.  |            | ab 18.11.  |            |  |  |
| 21:30 - 21:45 |            |            |            |            |            |  |  |
| 21:45 - 22:00 |            |            |            |            |            |  |  |

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| Reinigung  |
| Hockey     |
| Rudern     |
| F&F        |
| Ski-Club   |
| Functional |
| Individual |



