

BELEGUNGSPLAN – FITNESS-CENTER / KRAFTRAUM

KW 01 / 2016

| Zeit  | Montag<br>04.01. | Dienstag<br>05.01. | Mittwoch<br>06.01. | Donnerstag<br>07.01. | Freitag<br>08.01. | Samstag<br>09.01. | Sonntag<br>10.01. | Zeit  |
|-------|------------------|--------------------|--------------------|----------------------|-------------------|-------------------|-------------------|-------|
| 07:00 |                  |                    |                    |                      |                   |                   |                   | 07:00 |
| 08:00 |                  |                    |                    |                      |                   |                   |                   | 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 |                  |                    |                    |                      |                   |                   |                   | 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 |