

Belegung Kraftraum Winter 2022/23

Zeit	Montag	Dienstag	Mittwoch	Donnersta	Freitag	Samstag	Sonntag
07:00 - 08:00							
08:00 - 09:00							
09:00 - 09:30	Functional						
09:30 - 10:00	Fitness			Fit&Fun		Rudern	
10:00 - 10:30		Fit&Fun					
10:30 - 11:00							
11:00 - 11:30			Individual		Ski-Club		
11:30 - 12:00				Individual			
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 - 16:00							
16:00 - 16:30							
16:30 - 17:00							
17:00 - 17:30							
17:30 - 18:00	Individual	Rudern		Rudern	Rudern		
18:00 - 18:30			Fit&Fun				
18:30 - 19:00							
19:00 - 19:30							
19:30 - 20:00		Hockey		Hockey			
20:00 - 20:30			Individual		Individual		
20:30 - 21:00							
21:00 - 21:30		Individual		Individual			
21:30 - 22:00							