

## Kraftraumbelegungsplan Winter 2025/26

| Uhrzeit       | Montag                | Dienstag                   | Mittwoch              | Donnerstag       | Freitag                                | Samstag | Sonntag |
|---------------|-----------------------|----------------------------|-----------------------|------------------|----------------------------------------|---------|---------|
| 8:00 - 9:00   |                       |                            |                       |                  |                                        |         |         |
| 9:00 - 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 | Junioren<br>(Janosch) | Kinder<br>(Andy)           | Frauen<br>(Bettina)   | Kinder<br>(Andy) | Erwach-<br>sene<br>(André )<br>(Peter) |         |         |
| 18:00 - 19:00 |                       |                            | Junioren<br>(Janosch) |                  |                                        |         |         |
| 19:00 - 20:00 |                       | Erwachs-<br>ene<br>(Peter) | Junioren<br>(Janosch) |                  |                                        |         |         |



Ergos



Kraftraum



Kraftraum und Ergos