

Belegungsplan Fitnessraum 1 - CrossFit-Raum-HT-2024

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06:30 - 07:00	6:30 - 07:30 SANCOM Class D. Krüger						
07:00 - 07:30		07:00 - 08:00 BGM Fitness Class L. Schmitgen/J.Bissa	07:00 - 08:00 Fitness Class L. Schmitgen/J.Bissa		07:00 - 08:00 (BGM) Fitness Class T. Fiel	07:00 - 08:00 Fitness Class T. Fiel	
07:30 - 08:00	07:30 - 08:30 BGM Fitness Class C.Ebel	07:30 - 08:30 Fitness Class C.Ebel					
08:00 - 08:30			08:00 - 09:00 BGM Klimmzug A. Wagner	08:00 - 09:00 (BGM) Fitness Class T. Schinköthe/ J.Bailly	08:00 - 09:00 Fitness Class T. Schinköthe/ J.Bailly	08:00 - 09:00 BGM Fitness Class C. Koppe/K. Dierks	08:00 - 09:00 Fitness Class C. Koppe/K. Dierks
08:30 - 09:00	09:00-10:30 Performance Class M. Hinkofer						
09:00 - 09:30			09:00-10:00 BGM Kettle Bell A. Wagner				
09:30 - 10:00							
10:00 - 10:30			10:00 - 11:00 BGM Healthcare Class T. Brandt				
10:30 - 11:00							
11:00 - 11:30			11:00 - 12:00 BGM Healthcare Class T. Brandt				
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15:30 - 16:00							
16:00 - 16:30							
16:30 - 17:00							
17:00 - 17:30	17:00 - 18:00 Fitness Class L. Fink/J. Bailly	17:30 - 18:00 Kettlebell-Training T. Brandt	17:00 - 18:00 Hyrox Class M. Schmidt/C. Lebahn	17:30 - 18:00 Kettlebell-Training T. Brandt			
17:30 - 18:00							
18:00 - 18:30					18:00-19:30 Fundamentals Kokoro Coaches		
18:30 - 19:00							
19:00 - 19:30							
LEGENDE	Hochschulsport (HSP), frei zugänglich n. Kapazität			BGM = Betriebl. Gesundheitsmgn., nur nach Anmeldung via BGM UniBwM			
	Milit. Kurs (intern), kein Zugang			IS = Institut für Sportwissenschaft / Lehr- & Forschungsveranstaltungen			