

Belegungsplan Fitnessraum 1 - CrossFit-Raum-WT-2025

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06:30 - 07:00	6:30 - 07:30 SANCOM Class C.Ebel/C. Lebahn						
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						
08:00 - 08:30	07:30 - 08:30 Fitness Class C.Ebel			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							
09:30 - 10:00							
10:00 - 10:30		10:00 - 11:00 BGM Healthcare Class T. Brandt					
10:30 - 11:00							
11:00 - 11:30							
11:30 - 12:00							
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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		17:00 - 18:00 Hyrox Class M. Schmidt/C. Lebahn				
17:30 - 18:00							
18:00 - 18:30	18:00 - 19:00 SANCOM Class D. Krüger/L. Schmitgen			18:00-19:30 Fundamentals Kokoro Coaches			
18:30 - 19:00							
19:00 - 19:30							
LEGENDE	Hochschulsport (HSP), frei zugänglich n. Kapazität			BGM = Betriebl. Gesundheitsmgt., nur nach Anmeldung via BGM UniBwM			
	Milit. Kurs (intern), kein Zugang			IS = Institut für Sportwissenschaft / Lehr- & Forschungsveranstaltungen			