

Belegungsplan Fitnessraum 1 - CrossFit-Raum-FT-2025

	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	Sonntag
06:30 - 07:00												
07:00 - 07:30			07:00 - 08:00 BGM Fitness Class J.Bissa	07:00 - 08:00 Fitness Class J.Bissa			07:00 - 08:00 (BGM) Fitness Class J. Bailly/M.Schmidt	07:00 - 08:00 Fitness Class J. Bailly/M.Schmidt				
07:30 - 08:00	07:30 - 08:30 BGM Fitness Class C. Ebel/C. Lebahn	07:30 - 08:30 Fitness Class C. Ebel/C. Lebahn			08:00 - 09:00 (BGM) Fitness Class J. Bailly/C. Lebahn	08:00 - 09:00 Fitness Class J. Bailly/C.Lebahn			08:00 - 09:00 BGM Fitness Class K. Dierks	08:00 - 09:00 Fitness Class K. Dierks		
08:00 - 08:30												
08:30 - 09:00												
09:00 - 09:30			09:00-10:00 Performance Class M. Hinkofer									
09:30 - 10:00												
10:00 - 10:30			10:00 - 11:00 BGM Healthcare Class T. Brandt									
10:30 - 11:00												
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16:00 - 16:30												
16:30 - 17:00												
17:00 - 17:30	17:00 - 18:00 Fitness Class L. Fink/M.Schmidt		17:00 - 18:00 (BGM) Fitness Class T. Schinköthe	17:00 - 18:00 Fitness Class T. Schinköthe	17:00 - 18:00 Hyrox Class M. Schmidt/J.Bailly							
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. Gesundheitsmngt., nur nach Anmeldung via BGM UniBwM						
	Milit. Kurs (intern), kein Zugang					IFS = Institut für Sportwissenschaft / Lehr- & Forschungsveranstaltungen						