



Belegungsplan: HRC-Kraftraum, Wintersaison

| <i>Tag</i> | <i>Zeit</i> | <i>Besonderheiten</i> | <i>Aktivität</i> | <i>Trainer</i> |
|------------|-------------|-----------------------|--|----------------|
| Mo | 18:30-20:00 | | Ergotraining + Bodenübungen (BrSp Erw) | |
| | 20:00-22:00 | | RBL-Training (RBL) | |
| Di | 15:00-18:30 | | LS Kraftraumtraining (LstSp) | |
| | 19:00-21:00 | | Ergotraining Gruppe RBL (RBL) | |
| Mi | 14:00-16:00 | | Ergotraining RVB (Externe) | |
| | 15:00-19:00 | | Ergo-Training (LstSp) | |
| | 16:00-17:00 | | Ergotraining RVS (Externe) | |
| | 17:00-19:00 | | Beckenrudern (AlHr) | |
| | 17:00-19:00 | | Ergometertraining (AlHr) | |
| | 18:00-19:30 | | Kraftraumtraining (AlHr) | |
| | 18:30-20:00 | | Kraftraumtraining (BrSp Erw) | |
| | 19:00-21:00 | | Ergotraining (BrSp Erw) | |
| | 19:00-21:00 | | Ruderbecken (BrSp Erw) | |
| | 20:00-22:00 | | Kraftraumtraining (RBL) | |
| Do | 15:00-18:30 | | Kraftraumtraining (LstSp) | |
| | 15:00-18:30 | | Kraftraumtraining (LstSp) | |
| | 18:00-20:00 | | Ergo, Becken und Krafttraining Leinebagger (Externe) | |
| | 18:30-19:00 | | Ergotraining Gruppe RBL (RBL) | |
| Fr | 15:00-19:00 | | Ergotraining (LstSp) | |
| | 17:00-19:00 | | Ruderbecken Gruppe Alte Herren (AlHr) | |
| | 20:00-22:00 | | Krafttraining Gruppe RBL (RBL) | |
| Sa | 08:00-14:00 | | Ergometertraining wenn Rudern nicht mögl. (LstSp) | |
| | 10:00-11:00 | | Ergometertraining RVS (Externe) | |
| So | 08:00-14:00 | | Ergometertraining wenn Rudern nicht mögl. (LstSp) | |
| | 16:00-18:00 | | Krafttraining Gruppe RV Bismarckschule (Externe) | |