

Belegungsplan Fitnessraum 1 - CrossFit-Raum-FT-2026

	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	Sonntag
06:30 - 07:00												
07:00 - 07:30			07:00 - 08:00 BGM Fitness Class V. Warter	07:00 - 08:00 Fitness Class V. Warter			07:00 - 08:00 BGM Fitness Class M.Schmidt	07:00 - 08:00 Fitness Class M.Schmidt				
07:30 - 08:00	07:30 - 08:30 BGM Fitness Class J.Bailly	07:30 - 08:30 Fitness Class J.Bailly										
08:00 - 08:30					08:00 - 09:00 BGM Fitness Class B. Jung	08:00 - 09:00 Fitness Class B. Jung				08:00 - 09:00 BGM Fitness Class K. Dierks	08:00 - 09:00 Fitness Class K. Dierks	
08:30 - 09:00												
09:00 - 09:30												
09:30 - 10:00												
10:00 - 10:30			10:00 - 11:00 BGM Healthcare Class T. Brandt						10:00 - 11:00 BGM Healthcare Class T. Brandt			
10:30 - 11:00												
11:00 - 11:30												
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15:30 - 16:00												
16:00 - 16:30												
16:30 - 17:00								16:30 - 17:30 Fitness Class S.Belender				
17:00 - 17:30	17:00 - 18:00 Fitness Class S.Belender		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							
17:30 - 18:00												
18:00 - 18:30	18:00 - 19:00 Grundkurs Rudern (ab 20.04.2026) M. Krümpel											
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					IS = Institut für Sportwissenschaft / Lehr- & Forschungsveranstaltungen						