



Belegungsplan: HRC-Kraftraum, Wintersaison

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