



## 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		Ergometertraining (RA AltHr)		
	17:00-19:00		Beckenrudern (RA AltHr)		
	18:00-19:30		Kraftraumtraining (RA AltHr)		
	18:30-20:00		Krafttraining (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)	
18:30-19:00			Ergotraining Gruppe RBL (RA RBL)		
Fr	15:00-19:00		Ergotraining (RA LstSp)		
	17:00-19:00		Ruderbecken Gruppe Alte Herren (RA AltHr)		
	20:00-22:00		Krafttraining Gruppe RBL (RA RBL)		
Sa	08:00-14:00		Ergometertraining wenn Rudern nicht mögl. (RA LstSp)		
	10:00-11:00		Ergometertraining RVS (RA Ext)		
So	08:00-14:00		Ergometertraining wenn Rudern nicht mögl. (RA LstSp)		
	16:00-18:00		Krafttraining Gruppe RV Bismarckschule (RA Ext)		