

MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG	MONTAG	DIENSTAG
1 S 19:00-20:00	2 I 18:30-19:30	3 S 17:30-18:30	4	5 I 11:00-12:30	6 E 19:00-20:00	7 I 17:10-18:10
8 I 19:00-20:00	9 S 18:30-19:30	10 I 17:30-18:30	11	12 S 11:00-12:00	13 I 19:00-20:00	14 E 17:10-18:10
15 S 19:00-20:00	16 I 18:30-20:00	17 E 17:30-18:30	18	19 I 11:00-12:00	20 S 19:00-20:00	21 I 17:10-18:10
22 I 19:00-20:00	23 E 18:30-19:30	24 I 17:30-18:30	25	26 S 11:00-12:00	27 I 19:00-20:00	28 S 17:10-18:10
29 E 19:00-20:00	30 S 18:30-19:30	31	<div style="border: 2px solid orange; padding: 5px; display: inline-block;"> <p>I = INTERVAL S = STRENGTH E = ENDURANCE</p> </div>			