

DONNERSTAG	FREITAG	SAMSTAG	SONNTAG	MONTAG	DIENSTAG	MITTWOCH
1	2 S 17:30-18:30	3 I 10:20-11:20	4 S 11:00-12:30	5 I 19:00-20:00	6 S 17:10-18:10	7 I 19:00-20:00
8 S 18:30-19:30	9 E 17:30-18:30	10 S 10:20-11:20	11 I 11:00-12:00	12 S 19:00-20:00	13 E 17:10-18:10	14 S 19:00-20:00
15 I 18:30-20:00	16 S 17:30-18:30	17 I 10:20-11:20	18 S 11:00-13:00	19 I 19:00-20:00	20 S 17:10-18:10	21 E 19:00-20:00
22 S 18:30-19:30	23 I 17:30-18:30	24 S 10:20-11:20	25 I 11:00-12:00	26 E 19:30-20:00	27 I 17:10-18:10	28 S 19:00-20:00
29 E 18:30-19:30	30 S 17:30-18:30	31 I 10:20-11:20	I = INTERVAL S = STRENGTH E = ENDURANCE			