

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