

DONNERSTAG	FREITAG	SAMSTAG	SONNTAG	MONTAG	DIENSTAG	MITTWOCH
1 I 17:45-18:45 S 19:00-20:00	2 S 9:15-10:15 I 18:15-19:15	3	4 I 10.30-11.30	5 S 18:00-19:00 I 19:15-20:15	6 S 18:00-19:00 I 19:15-20:15	7 S 18:00-19:00 I 19:15-20:15
8 S 17:45-18:45 I 19:00-20:00	9 E 9:15-10:15 S 18:15-19:15	10	11 S 10.30-11.30	12 S 18:00-19:00 I 19:15-20:15	13 I 18:00-19:00 E 19:15-20:15	14 S 18:00-19:00 I 19:15-20:15
15 I 17:45-18:45 S 19:00-20:00	16 I 9:15-10:15 E 18:15-19:15	17	18 I 10.30-11.30	19 E 18:00-19:00 I 19:15-20:15	20 I 18:00-19:00 S 19:15-20:15	21 I 18:00-19:00 E 19:15-20:15
22 S 17:45-18:45 I 19:00-20:00	23 S 9:15-10:15 I 18:15-19:15	24	25 S 10.30-11.30	26 S 18:00-19:00 I 19:15-20:15	27 I 18:00-19:00 E 19:15-20:15	28 S 18:00-19:00 I 19:15-20:15
29 I 17:45-18:45 S 19:00-20:00	30 S 9:15-10:15 I 18:15-19:15	31	I = INTERVAL S = STRENGTH E = ENDURANCE			