

SAMSTAG	SONNTAG	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
1	2 I 10.30-11.30	3 I 18:00-19:00 E 19:15-20:15	4 S 18:00-19:00 I 19:15-20:15	5 S 18:00-19:00 I 19:15-20:15	6 S 18:00-19:00 I 19:15-20:15	7 S 9:15-10:15 I 18:15-19:15
8	9 S 10.30-11.30	10 E 18:00-19:00 S 19:15-20:15	11 S 18:00-19:00 I 19:15-20:15	12 I 18:00-19:00 E 19:15-20:15	13 I 18:00-19:00 E 19:15-20:15	14 E 9:15-10:15 S 18:15-19:15
15	16 I 10.30-11.30	17 E 18:00-19:00 S 19:15-20:15	18 I 18:00-19:00 E 19:15-20:15	19 I 18:00-19:00 E 19:15-20:15	20 I 18:00-19:00 E 19:15-20:15	21 I 9:15-10:15 E 18:15-19:15
22	23 S 10.30-11.30	24 E 18:00-19:00 S 19:15-20:15	25 I 18:00-19:00 E 19:15-20:15	26 S 18:00-19:00 I 19:15-20:15	27 S 18:00-19:00 I 19:15-20:15	28 I 9:15-10:15 E 18:15-19:15
29	30 S 10.30-11.30	31 S 18:00-19:00 I 19:15-20:15	<div style="border: 2px solid orange; padding: 10px; text-align: center;"> <p>I = INTERVAL S = STRENGTH E = ENDURANCE</p> </div>			