

MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG	MONTAG	DIENSTAG
1 S 18:00-19:00 I 19:15-20:15	2 I 17:45-18:45 S 19:00-20:00	3	4	5 I 10.30-11.30	6	7 S 18:00-19:00 I 19:15-20:15
8 S 18:00-19:00 I 19:15-20:15	9 S 17:45-18:45 I 19:00-20:00	10 E 9:15-10:15 S 18:15-19:15	11	12 S 10.30-11.30	13 S 18:00-19:00 I 19:15-20:15	14 S 18:00-19:00 I 19:15-20:15
15 E 18:00-19:00 S 19:15-20:15	16 I 17:45-18:45 S 19:00-20:00	17 I 9:15-10:15 E 18:15-19:15	18	19 I 10.30-11.30	20 E 18:00-19:00 S 19:15-20:15	21 E 18:00-19:00 S 19:15-20:15
22 E 18:00-19:00 S 19:15-20:15	23 S 17:45-18:45 I 19:00-20:00	24 S 9:15-10:15 I 18:15-19:15	25	26 S 10.30-11.30	27 E 18:00-19:00 S 19:15-20:15	28 E 18:00-19:00 S 19:15-20:15
29 E 18:00-19:00 S 19:15-20:15	30 I 17:45-18:45 S 19:00-20:00	31 S 9:15-10:15 I 18:15-19:15	<div style="border: 2px solid orange; padding: 10px; text-align: center;"> <p>I = INTERVAL S = STRENGTH E = ENDURANCE</p> </div>			