

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