

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