

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