FITNESS PARK

November 2026

SPINNING KURSPLAN HORN

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