

02.04.-08.04.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
	10:00-11:00 Strength			10:00-11:00 Interval		11:00-12:00 Free Ride mit Mo
14:00-15:30 Osterspecial mit Sabrina		18:15-19:45 XXL Strength	18:15-19:15 Interval	17:45-18:45 Interval		
	19:15-20:15 Interval					

09.04.-15.04.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
	09:30-11:00 XXL Strength			10:00-11:00 Endurance		11:00-12:00 Free Ride mit Matze
18:00-19:00 Endurance		18:15-19:15 Interval	18:15-19:15 Strength	17:45-18:45 Strength		
19:15-20:15 Interval	19:15-20:15 Endurance					

16.04.-22.04.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
	10:00-11:00 Interval			10:00-11:00 Strength		11:00-12:00 Free Ride mit Hilke
18:00-19:00 Strength		18:15-19:15 Endurance	18:15-19:15 Endurance	17:45-18:45 Interval		
19:15-20:15 Interval	19:15-20:15 Strength					

Voraussichtl. Umzug in den neuen Raum  
- eventuell Specials - s. Aushang!

23.04.-29.04.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
	10:00-11:00 Endurance			09:30-11:00 XXL Interval		11:00-12:00 Kein Spinning
18:00-19:00 Interval		18:15-19:15 Interval	18:15-19:15 Interval	17:45-18:45 Endurance		Spinningmarathon Oase
19:15-20:15 Endurance	19:15-20:15 Interval					

30.04.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
18:00-19:00 Endurance						
19:15-20:15 Strength						

