

01.09.-07.09.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
				10:00-11:00 Criss Cross		11:00-12:00 Sommerpause
18:00-19:00 Interval		18:00-19:00 Interval	18:15-19:15 Criss Cross	17:45-18:45 Endurance		
19:15-20:15 Sommerpause						

10.09.-14.09.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
				10:00-11:00 Endurance		11:00-12:00 Sommerpause
18:00-19:00 Endurance		18:00-19:00 Criss Cross	18:15-19:15 Interval	17:45-18:45 Interval		
19:15-20:15 Sommerpause						

15.09.-21.09.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
				10:00-11:00 Interval		11:00-12:00 Sommerpause
18:00-19:00 Criss Cross		18:00-19:00 Interval	18:15-19:15 Strength	17:45-18:45 Strength		
19:15-20:15 Sommerpause						

22.09.-28.09.

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

29.09.-30.09.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
						11:00-12:00 Sommerpause
18:00-19:00 Strength						
19:15-20:15 Sommerpause						