

01.07.-05.07.

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

06.07.-12.07.

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

13.07.-19.07.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
				10:00-11:00 Strength		11:00-12:30 Kein Spinning Sommerpause
18:00-19:00 Criss Cross (Surprise)		18:00-19:00 Interval	18:15-19:15 Strength	17:45-18:45 Endurance		
19:15-20:15 Criss Cross						

20.07.-26.07.

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

27.07.-31.07.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
				10:00-11:00 Criss Cross		
18:00-19:00 Strength (Surprise)		18:00-19:00 Interval	18:15-19:15 Interval	17:45-19:15 Strength		
19:15-20:15 Endurance						