

01.04.-07.04.

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

08.04.-14.04.

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

15.04.-21.04.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
	10:00-11:00 Strength					
18:00-19:00 Strength		18:15-19:15 Interval	18:15-19:15 Endurance	Kein Spinning Karfreitag		Kein Spinning Ostersonntag
19:15-20:15 Interval	19:15-20:15 Endurance					

22.04.-28.04.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
13:00-14:30 Spinning Special mit Jens Rugen	10:00-11:00 Endurance			09:30-11:00 XXL Interval		11:00-12:00 Entfällt wegen Spinning-Marathon Oase
		18:15-19:15 Strength	18:15-19:15 Interval	17:45-18:45 Endurance		
	19:15-20:15 Interval					

29.04.- 30.04.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
	10:00-11:00 Interval					
18:00-19:00 Interval						
19:15-20:15 Endurance	19:15-20:15 Interval					