

02.09.-08.09.

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

09.09.-15.09.

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

16.09.-22.09.

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

23.09.-29.09.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
	10:00-11:00 Strength			09:30-11:00 XXL Criss Cross		Kein Spinning Sommerpause
18:00-19:00 Criss Cross		18:15-19:15 Endurance	18:15-19:15 Criss Cross	17:45-18:45 Endurance		
19:15-20:15 Strength	19:15-20:15 Interval					

30.09

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

