

01.08.-07.08.

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

08.08.-14.08.

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

14.08.-21.08.

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

22.08.-28.08.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
	10:00-11:00 Criss Cross			10:00-11:00 Endurance		11:00-12:00 Sommerpause!
18:00-19:00 Criss Cross		18:00-19:00 Interval	18:15-19:15 Criss Cross	17:45-19:15 90 min! Strength		
19:15-20:15 Strength	18:00-19:00 Neue Zeit! Interval					

29.08.-31.08.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
	10:00-11:00 Interval					
18:00-19:00 Interval		18:00-19:00 Strength				
19:15-20:15 Interval	18:00-19:00 Neue Zeit! Criss Cross					