

01.09.-03.09.

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

04.09.-10.09.

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

11.09.-17.09.

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

18.09.-24.09.

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

25.09.-30.09.

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