

01.02.-04.02.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
				10:00-11:00 Interval		11:00-12:00 wechselnde Trainer
			18:15-19:15 Interval	17:45-18:45 Interval		

05.02.-11.02.

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

12.02.-18.02.

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

19.02.-25.02.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
	10:00-11:00 Strength			10:00-11:30 Endurance		11:00-12:00 wechselnde Trainer
18:00-19:00 Endurance	18:15-19:15 Interval	18:00-19:00 Strength	18:15-19:15 Endurance	17:45-19:15 90 min Strength		14:00-15:00 Spinning Einsteiger
19:15-20:15 Criss Cross						

26.02.-29.02.

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