

02.07.-08.07.

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

09.07.-15.07.

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

16.07.-22.07.

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

23.07.-29.07.

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

30.07.-31.07.

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

