

01.04.-07.04.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
	10:00-11:00 Interval			10:00-11:00 Strength		11:00-12:00 wechselnde Trainer
12:30-14:00 Spinning Special mit Sabrina und Michael	18:15-19:15 Interval	18:00-19:00 Interval	18:15-19:15 Strength	17:45-18:45 Endurance		

08.04.-14.04.

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

15.04.-21.04.

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

22.04.-28.04.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
	10:00-11:00 Interval			10:00-11:30 90 min Criss Cross		11:00-12:30 90 Minuten Special
18:00-19:00 Strength	18:15-19:15 Criss Cross	18:00-19:00 Criss Cross	18:15-19:15 Interval	17:45-19:15 90 min Interval		
19:15-20:15 Endurance		19:15-20:15 Technik Schulung!				

29.04.-30.04.

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