

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
1 I 19:00-20:00	2	3 I 09:15-10:15 E 19:00-20:00	4 I 18:30-19:30	5 S 17:30-18:30	6	7 I 11:00-12:30
8 S 19:00-20:00	9	10 S 09:15-10:15 I 19:00-20:00	11 S 18:30-19:30	12 I 17:30-18:30	13	14 S 11:00-12:00
15 I 19:00-20:00	16	17 S 19:00-20:00	18 I 18:30-19:30	19 E 17:30-18:30	20	21 I 11:00-12:00
22 S 19:00-20:00	23	24 I 19:00-20:00	25 E 18:30-19:30	26 I 17:30-18:30	27	28 S 11:00-12:00
29 E 19:00-20:00	30	31 S 19:00-20:00	<div style="border: 2px solid orange; padding: 5px; display: inline-block;"> I = INTERVAL S = STRENGTH E = ENDURANCE </div>			