

01.03.-05.03.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
				10:00-11:00 Interval		11:00-12:00 Free Ride mit Stanislav
		18:00-19:00 Interval	18:15-19:15 Criss Cross	17:45-18:45 Strength		

06.03.-12.03.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
	10:00-11:00 Interval			10:00-11:00 Strength		11:00-12:00 Free Ride mit Matze
18:00-19:00 Interval		18:00-19:00 Strength	18:15-19:15 Interval	17:45-18:45 Criss Cross		
19:15-20:15 Interval	19:30-20:30 Interval					

13.03.-19.03.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
	10:00-11:00 Criss Cross			10:00-11:00 Criss Cross		11:00-12:00 Free Ride
18:00-19:00 Strength		18:00-19:00 Criss Cross	18:15-19:15 Strength	17:45-18:45 Endurance		14:00-15:00 Spinning School
19:15-20:15 Endurance	19:30-20:30 Strength					

20.03.-26.03.

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
	10:00-11:00 Endurance			10:00-11:00 Endurance		11:00-12:00
18:00-19:00 Criss Cross		18:00-19:00 Interval	18:15-19:15 Endurance	17:45-18:45 Interval		Free Ride mit Thomas D
19:15-20:15 Strength	19:30-20:30 Interval					

27.03.-31.03.

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