



FITNESS PARK

in Hemmingen

Oktober 2018

| | | | | | | |
|----------------------|----------|----------------|---------------|---------|---------|----------------|
| 01.10 - 07.10 | | | | | | |
| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
| 18:30-19:30 | | | 18:30-19:30 | | | 10:30-11:30 |
| Interval AE | | Feiertag | Interval | | | Criss Cross |
| 65-80% | | | 65-92% | | | 50-92% |
| 08.10 - 14.10 | | | | | | |
| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
| 18:30-19:30 | | 18:30-19:30 | 18:30-19:30 | | | 10:30-11:30 |
| Endurance | | Interval | Strength | | | Interval AE |
| 65-75% | | 65-92% | 75-85% | | | 65-80% |
| 15.10 - 21.10 | | | | | | |
| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
| 18:30-19:30 | | 18:30-19:30 | 18:30-19:30 | | | 10:30-11:30 |
| Criss Cross | | Endurance | Interval | | | Strength |
| 50-92% | | 65-75% | 65-92% | | | 75-85% |
| 22.10 - 28.10 | | | | | | |
| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
| 18:30-19:30 | | 18:30-19:30 | 18:30-19:30 | | | 10:30-11:30 |
| Interval | | Strength | Criss Cross | | | Interval |
| 65-92% | | 75-85% | 50-92% | | | 65-92% |
| 29.10 - 04.11 | | | | | | |
| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
| 18:30-19:30 | | | 18:30-19:30 | | | 10:30-11:30 |
| Strength | | Feiertag | Interval AE | | | Criss Cross |
| 75-85% | | | 65-80% | | | 50-92% |
| Carsten | | Raimund | Karola | | | Raimund |