



FITNESS PARK

in Hemmingen

Februar 2018

| | | | | | | |
|-------------------|-----------------|-----------------|-------------------|----------------|----------------|----------------|
| 29.01.-04.02.2018 | | | | | | |
| 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 | | Strength | Interval | | | Strength |
| 50-92 % | | 75-85 % | 65-92 % | | | 75-85 % |
| 05.02.-11.02.2018 | | | | | | |
| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
| 18:30-19:30 | | 18:30-19:30 | 18:30-19:30 | | | 10:30-11:30 |
| Interval | | Criss Cross | Strength | | | Interval AE |
| 65-92 % | | 50-92 % | 75-85 % | | | 65-80 % |
| 12.02.-18.02.2018 | | | | | | |
| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
| 18:30-19:30 | | 18:30-19:30 | 18:30-19:30 | | | 10:30-11:30 |
| Strength | | Interval AE | Criss Cross | | | Interval |
| 75-85 % | | 65-80 % | 50-92 % | | | 65-92 % |
| 19.02.-25.02.2018 | | | | | | |
| 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 | | Interval | Strength | | | Criss Cross |
| 50-92 % | | 65-92 % | 75-85 % | | | 50-92 % |
| 26.02.-04.03.2018 | | | | | | |
| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
| 18:30-19:30 | | 18:30-19:30 | 18:30-19:30 | | | 10:30-11:30 |
| Strength | | Interval AE | Criss Cross | | | Interval |
| 75-85 % | | 65-80 % | 50-92 % | | | 65-92 % |
| Carsten | | Anette | Karola | | | Raimund |