

Indoor Cycling Fitnesspark Glattpark 19. November 2018 – 10. Februar 2019

| Tag Zeit Dauer Instruktor | Montag 12:00 45 Ernst St. | Dienstag 17:45 55 Oscar B. | Donnerstag 12:00 55 Manu D. / Doris M. | Sonntag 17:00 55 Manu D. |
|------------------------------------|------------------------------------|-------------------------------------|--|-----------------------------------|
| 19.11.-25.11. | IN INT | HEE | HILL | EX INT |
| 26.11.-02.12. | COMP | IN INT | HEE | HILL |
| 03.12.-09.12. | LEE | Power Test | IN INT | HEE |
| 10.12.-16.12. | EX INT | LEE | COMP | IN INT |
| 17.12.-23.12. | HILL | EX INT | LEE | COMP |
| 24.12.-30.12. | Surprise | geschlossen | EX INT | LEE |
| 31.12.-06.01. | Surprise | 13.15-14.15h | HILL | EX INT |
| 07.01.-13.01. | COMP | IN INT | HEE | HILL |
| 14.01.-20.01. | LEE | COMP | IN INT | HEE |
| 21.01.-27.01. | EX INT | LEE | COMP | IN INT |
| 28.01.-03.02. | HILL | EX INT | LEE | COMP |
| 04.02.-10.02. | HEE | HILL | EX INT | LEE |



LEE = Low End Endurance
 EX INT = Extensive Intervalle | HILL = Berg | HEE = High End Endurance
 IN INT = Intensive Intervalle | COMP = Competition