

Indoor Cycling Fitnesspark Milandia

Mai – Juni 2022

Tag Zeit Dauer Instruktor	Montag 12:15 55 Michel B / Doris M.	Dienstag 19:05 55 Evelyne B.	Donnerstag 20:10 55 Roland H.	Sonntag 12:00 55 Team
02.05.22 – 08.05.22	Surprise	HILL	LEE	Surprise
09.05.22 – 15.05.22	IN INT	Surprise	HEE	Surprise
16.05.22 – 22.05.22	HEE	20'-Test	Surprise	Surprise
23.05.22 – 29.05.22	EX INT	HEE	IN INT	Surprise
30.05.22 – 05.06.22	Surprise	EX INT	HEE	Surprise
06.06.22 – 12.06.22	20'-Test	Surprise	EX INT	Surprise
13.06.22 – 19.06.22	LEE	IN INT	Surprise	Surprise
20.06.22 – 26.06.22	HILL	LEE	20'-Test	Surprise
27.06.22 – 03.06.22	HEE	HILL	LEE	Surprise



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