

# Indoor Cycling Fitnesspark Milandia

## Juli – August 2022

Tag Zeit Dauer Instruktor	Montag 12:15 55 Michel B./ Doris M.	Dienstag 19:05 55 Evelyne B.	Donnerstag 20:10 55 Maria H.	Sonntag 12:00 55 Team
04.07.22 – 10.07.22	EX INT	HEE	HILL	Surprise
11.07.22 – 17.07.22	Surprise	EX INT	HEE	Surprise
18.07.22 – 24.07.22	IN INT	Surprise	EX INT	Surprise
25.07.22 – 31.07.22	HILL	IN INT	Surprise	Surprise
01.08.22 – 07.08.22	EX INT	HILL	IN INT	Surprise
08.08.22 – 14.08.22	Surprise	EX INT	HILL	Surprise
15.08.22 – 21.08.22	20'-Test	Surprise	EX INT	Surprise
22.08.22 – 28.08.22	LEE	20'-Test	Surprise	Surprise
29.08.22 – 04.09.22	HEE	LEE	20'-Test	Surprise



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