

Indoor Cycling Fitnesspark Milandia

September – Oktober 2019

Tag Zeit Dauer Instruktor	Montag 12:05 55 Silvan R.	Dienstag 19:05 55 Evelyne B.	Donnerstag 20:10 55 Roland H.	Sonntag 12:00 55 aktuell
02.09.19 – 08.09.19	HILL	LEE	EX INT	Surprise
09.09.19 – 15.09.19	HEE	HILL	IN INT	Surprise
16.09.19 – 22.09.19	EX INT	HEE	LEE	Surprise
23.09.19 – 29.09.19	20'-Test	EX INT	HILL	Surprise
30.09.19 – 06.10.19	LEE	20'-Test	HEE	Surprise
07.10.19 – 13.10.19	HILL	LEE	EX INT	Surprise
14.10.19 – 20.10.19	HEE	HILL	20'-Test	Surprise
21.10.19 – 27.10.19	EX INT	HEE	LEE	Surprise
28.10.19 – 03.11.19	IN INT	EX INT	HILL	Surprise



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