

Indoor Cycling Fitnesspark Puls 5

27. August 2018 – 18. November 2018

Tag Zeit Dauer Instruktor	Montag 12:00 55 Hanspi L.	Montag 19:00 55 Bruno B.	Dienstag 07:00 55 Doris M.	Dienstag 12:00 45 Bruno B.	Dienstag 19.00 55 Mäde A.	Mittwoch 12.00 55 Toni M.	Donnerstag 06:45 55 Aktuell.	Donnerstag 12:00 55 Bruno B.	Donnerstag 18.00 55 Michael S.	Donnerstag 19.00 55 Michael S.	Freitag 12:00 45 Toni M.	Samstag 11:00 55 Andreas L.	Sonntag 11:00 90 Toni M.
27.08-02.09	HEE	EX INT	Surprise	HILL	IN INT	LEE	Surprise	COMP	HEE	EX INT	HILL	Surprise	Surprise
03.09-09.09	IN INT	HILL	Surprise	IN INT	LEE	COMP	Surprise	HEE	EX INT	HILL	IN INT	Surprise	Surprise
10.09-16.09	HILL	20'-Test	Surprise	LEE	COMP	HEE	Surprise	EX INT	HILL	IN INT	LEE	Surprise	Surprise
17.09-23.09	IN INT	LEE	Surprise	COMP	HEE	EX INT	Surprise	HILL	IN INT	LEE	COMP	Surprise	Surprise
24.09-30.09	LEE	COMP	Surprise	HEE	EX INT	HILL	Surprise	IN INT	LEE	COMP	HEE	Surprise	Surprise
01.10-07.10	COMP	HEE	Surprise	EX INT	HILL	IN INT	Surprise	LEE	COMP	HEE	EX INT	Surprise	Surprise
08.10-14.10	HEE	EX INT	Surprise	HILL	IN INT	LEE	Surprise	COMP	20'-Test	EX INT	HILL	Surprise	Surprise
15.10-21.10	EX INT	HILL	Surprise	IN INT	LEE	COMP	Surprise	HEE	EX INT	HILL	IN INT	Surprise	Surprise
22.10-28.10	HILL	IN INT	Surprise	LEE	COMP	HEE	Surprise	EX INT	HILL	IN INT	LEE	Surprise	Surprise
29.10-04.11	IN INT	LEE	Surprise	COMP	HEE	EX INT	Surprise	HILL	IN INT	LEE	COMP	Surprise	Surprise
05.11-11.11	LEE	COMP	20'-Test	HEE	EX INT	HILL	Surprise	IN INT	LEE	COMP	HEE	Surprise	Surprise
12.11-18.11	COMP	HEE	Surprise	EX INT	HILL	IN INT	Surprise	LEE	COMP	HEE	EX INT	Surprise	Surprise



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