

## Indoor Cycling Fitnesspark Puls 5

### 02. Mai 2022 – 04. September 2022

Tag Zeit Dauer Instruktor	Montag 19:00 55 Andreas L.	Dienstag 19:00 55 Bruno B.	Mittwoch 12:00 55 Toni M.	Donnerstag 06:45 55 Doris M.	Donnerstag 19:45 50 Hanspi L.	Freitag 12:00 55 Mireille L.	Sonntag 09:30 55 Team
02.05.-08.05.	EX INT	HILL	COMP	Surprise	HEE	Surprise	Surprise
09.05.-15.05.	HILL	IN INT	HEE	Surprise	EX INT	Surprise	Surprise
16.05.-22.05.	IN INT	LEE	EX INT	Surprise	HILL	Surprise	Surprise
23.05.-29.05.	COMP	COMP	HILL	Surprise	IN INT	Surprise	Surprise
30.05.-05.06.	IN INT	HEE	IN INT	Surprise	LEE	Surprise	Surprise
06.06.-12.06.	HEE	EX INT	LEE	Surprise	COMP	Surprise	Surprise
13.06.-19.06.	EX INT	HILL	COMP	Surprise	HEE	Surprise	Surprise
20.06.-26.06.	HILL	IN INT	HEE	Surprise	EX INT	Surprise	Surprise
27.06.-03.07.	HEE	EX INT	LEE	Surprise	COMP	Surprise	Surprise
04.07.-10.07.	EX INT	HILL	COMP	Surprise	HEE	Surprise	Surprise
11.07.-17.07.	HILL	IN INT	HEE	Surprise	EX INT	Surprise	Surprise
18.07.-24.07.	EX INT	HILL	COMP	Surprise	HEE	Surprise	Surprise
25.07.-31.07.	HILL	IN INT	HEE	Surprise	EX INT	Surprise	Surprise
01.08.-07.08.	COMP	COMP	HILL	Surprise	IN INT	Surprise	Surprise
08.08.-14.08.	IN INT	HEE	IN INT	Surprise	LEE	Surprise	Surprise
15.08.-21.08.	HEE	EX INT	LEE	Surprise	COMP	Surprise	Surprise
22.08.-28.08.	EX INT	HILL	COMP	Surprise	HEE	Surprise	Surprise
29.08.-04.09.	HEE	EX INT	LEE	Surprise	COMP	Surprise	Surprise



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