

# Indoor Cycling Fitnesspark Puls 5

## 19. November 2018 – 10. Februar 2019

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.
19.11-25.11	HEE	EX INT	Surprise	HILL	IN INT	LEE	Surprise	COMP	HEE	EX INT	HILL	Surprise	Surprise
26.11-02.12	IN INT	HILL	Surprise	IN INT	LEE	COMP	Surprise	HEE	EX INT	HILL	IN INT	Surprise	Surprise
03.12-09.12	HILL	IN INT	Surprise	LEE	COMP	20'-Test	Surprise	EX INT	HILL	IN INT	LEE	Surprise	Surprise
10.12-16.12	IN INT	LEE	Surprise	COMP	HEE	EX INT	Surprise	HILL	IN INT	LEE	COMP	Surprise	Surprise
17.12-23.12	LEE	COMP	Surprise	HEE	EX INT	HILL	Surprise	IN INT	LEE	COMP	HEE	Surprise	Surprise
24.12-30.12	COMP					IN INT	Surprise	LEE	COMP	HEE	EX INT	Surprise	Surprise
31.12-06.01	HEE			HILL		LEE	Surprise	COMP	HEE	EX INT	HILL	20'-Test	Surprise
07.01-13.01	EX INT	HILL	Surprise	IN INT	LEE	COMP	Surprise	HEE	EX INT	HILL	IN INT	Surprise	Surprise
14.01-20.01	HILL	IN INT	Surprise	LEE	COMP	HEE	Surprise	EX INT	HILL	IN INT	LEE	Surprise	Surprise
21.01-27.01	IN INT	LEE	Surprise	COMP	HEE	EX INT	Surprise	HILL	IN INT	LEE	COMP	Surprise	Surprise
28.01-03.02	LEE	COMP	Surprise	HEE	20'-Test	HILL	Surprise	IN INT	LEE	COMP	HEE	Surprise	Surprise
04.02-10.02	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