

# Indoor Cycling Fitnesspark Puls 5

## 29. Juli 2019 – 20. Okt 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 55 Bruno B.	Dienstag 19:00 55 Mäde A.	Mittwoch 12:00 55 Toni M.	Donnerstag 06:45 55 Luigi DG.	Donnerstag 12:00 55 Bruno B.	Donnerstag 18.00 55 Michael S.	Donnerstag 19.00 55 Michael S.	Freitag 12:00 55 Toni M.	Samstag 11:00 55 Andreas L.	Sonntag 11:00 90 Toni M.
29.07-04.08	HEE	EX INT	Surprise	HILL	IN INT	LEE		COMP	HEE		HILL	Surprise	Surprise
05.08-11.08												Surprise	Surprise
12.08-18.08	HILL	20'-Test	Surprise	LEE	COMP	HEE	Surprise	EX INT	HILL	IN INT	LEE	Surprise	Surprise
19.08-25.08	IN INT	LEE	Surprise	COMP	HEE	EX INT	Surprise	HILL	IN INT	LEE	COMP	Surprise	Surprise
26.08-01.09	LEE	COMP	Surprise	HEE	EX INT	HILL	Surprise	IN INT	LEE	COMP	HEE	Surprise	Surprise
02.09-08.09	COMP	HEE	Surprise	EX INT	HILL	IN INT	Surprise	LEE	COMP	HEE	EX INT	Surprise	Surprise
09.09-15.09	HEE	EX INT	Surprise	HILL	IN INT	LEE	20'-Test	COMP	HEE	EX INT	HILL	Surprise	Surprise
16.09-22.09	EX INT	HILL	Surprise	IN INT	LEE	COMP	Surprise	HEE	EX INT	HILL	IN INT	Surprise	Surprise
23.09-29.09	HILL	IN INT	Surprise	LEE	COMP	HEE	Surprise	EX INT	HILL	IN INT	LEE	Surprise	Surprise
30.09-06.10	IN INT	LEE	Surprise	COMP	HEE	EX INT	Surprise	HILL	IN INT	LEE	COMP	Surprise	Surprise
07.10-13.10	LEE	COMP	Surprise	HEE	EX INT	HILL	Surprise	IN INT	20'-Test	COMP	HEE	Surprise	Surprise
14.10-20.10	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