

Indoor Cycling Fitnesspark Regensdorf

Wünsche von 31.05. bis 22.08.2021

| Tag Zeit Dauer Instruktor | Montag 12:00 55 Nicole F. | Montag 19:00 45 René J. | Montag 19:45 45 René J. | Mittwoch 10:15 45 Nicole F. | Donnerstag 18:00 45 Peter S. | Samstag 10:15 55 Aktuell | Sonntag 10:15 55 Aktuell | |
|------------------------------------|------------------------------------|----------------------------------|----------------------------------|--------------------------------------|---------------------------------------|-----------------------------------|-----------------------------------|--|
| 31.05. - 06.06. | EX INT | LEE | LEE | EX INT | IN INT | Surprise | Surprise | |
| 07.06. - 13.06. | LEE | HEE | HEE | LEE | HILL | Surprise | Surprise | |
| 14.06. - 20.06. | HEE | HILL | HILL | HEE | LEE | Surprise | Surprise | |
| 21.06. - 27.06. | HILL | EX INT | EX INT | HILL | HEE | Surprise | Surprise | |
| 28.6. - 04.07. | EX INT | LEE | LEE | EX INT | EX INT | Surprise | Surprise | |
| 05.07. - 11.07 | LEE | HILL | HILL | LEE | COMP | Surprise | Surprise | |
| 12.07. - 18.07. | HEE | EX INT | EX INT | HEE | EX INT | Surprise | Surprise | |
| 19.07. - 25.07. | HILL | LEE | LEE | HILL | HILL | Surprise | Surprise | |
| 26.07. - 01.08. | EX INT | HEE | HEE | EX INT | HEE | Surprise | Surprise | |
| 02.08. - 08.08. | LEE | HILL | HILL | LEE | LEE | Surprise | Surprise | |
| 09.08. - 15.08. | HILL | EX INT | EX INT | HILL | COMP | Surprise | Surprise | |
| 16.08. - 22.08. | EX INT | LEE | LEE | EX INT | EX INT | Surprise | Surprise | |



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