

## Indoor Cycling Fitnesspark Regensdorf 31.12.2018 bis 24.03.2019

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
31.12 – 06.01	Surprise	Surprise	Surprise	Surprise	EX INT	Surprise	Surprise
07.01 – 13.01	IN INT	LEE	LEE	IN INT	20'-Test	Surprise	Surprise
14.01 – 20.01	LEE	HILL	HILL	LEE	LEE	Surprise	Surprise
21.01 – 27.01	HILL	HEE	HEE	HILL	HILL	Surprise	Surprise
28.01 – 03.02	HEE	HILL	HILL	HEE	COMP	Surprise	Surprise
04.02 – 10.02	HILL	EX INT	EX INT	HILL	HEE	Surprise	Surprise
11.02 – 17.02	EX INT	HILL	HILL	EX INT	IN INT	Surprise	Surprise
18.02 – 24.02	HILL	IN INT	IN INT	HILL	EX INT	Surprise	Surprise
25.02 – 03.03	IN INT	HEE	HEE	IN INT	COMP	Surprise	Surprise
04.03 – 10.03	HEE	LEE	LEE	HEE	LEE	Surprise	Surprise
11.03 – 17.03	LEE	HILL	HILL	LEE	IN INT	Surprise	Surprise
18.03 – 24.03	COMP	HEE	HEE	COMP	HILL	Surprise	Surprise



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