

Indoor Cycling Fitnesspark Regensdorf

Wünsche von 09.09.2019 bis 01.12.2019

| 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 |
|------------------------------------|------------------------------------|----------------------------------|----------------------------------|--------------------------------------|---------------------------------------|-----------------------------------|-----------------------------------|
| 09.09 – 15.09 | HEE | LEE | LEE | HEE | IN INT | Surprise | Surprise |
| 16.09 – 22.09 | LEE | EX INT | EX INT | LEE | HILL | Surprise | Surprise |
| 23.09 – 29.09 | EX INT | HILL | HILL | EX INT | EX INT | Surprise | Surprise |
| 30.09 – 06.10 | HILL | LEE | LEE | HILL | COMP | Surprise | Surprise |
| 07.10 – 13.10 | LEE | EX INT | EX INT | LEE | LEE | Surprise | Surprise |
| 14.10 – 20.10 | EX INT | HEE | HEE | EX INT | HEE | Surprise | Surprise |
| 21.10 – 27.10 | HEE | LEE | LEE | HEE | HILL | Surprise | Surprise |
| 28.10 – 03.11 | LEE | HILL | HILL | LEE | EX INT | Surprise | Surprise |
| 04.11 – 10.11 | HILL | HEE | HEE | COMP | HILL | Surprise | Surprise |
| 12.11 – 17.11 | HEE | COMP | COMP | HEE | LEE | Surprise | Surprise |
| 18.11 – 24.11 | COMP | LEE | LEE | COMP | IN INT | Surprise | Surprise |
| 25.11 – 01.12 | LEE | EX INT | EX INT | LEE | HEE | Surprise | Surprise |



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