

Indoor Cycling Fitnesspark Regensdorf

13.06. bis. 04.09.2022

Tag Zeit Dauer Instruktor	Montag 12:00 55 Nicole F.	Montag 19:00 45 René J.	Montag 19:45 45 René J.	Mittwoch 10:00 55 Nicole F.	Donnerstag 18:00 55 Peter S.	Samstag 10:15 55 Aktuell	Sonntag 10:15 55 Aktuell	
13.06. – 19.06.	HEE	IN INT	IN INT	HEE	EX INT	Surprise	Surprise	
20.06. – 26.06.	HILL	HILL	HILL	HILL	IN INT	Surprise	Surprise	
27.06. – 03.07.	COMP	EX INT	EX INT	COMP	HEE	Surprise	Surprise	
04.07. – 10.07.	EX INT	LEE	LEE	EX INT	LEE	Surprise	Surprise	
11.07. – 17.07.	LEE	HILL	HILL	LEE	EX INT	Surprise	Surprise	
18.07. – 24.07.	HILL	EX INT	EX INT	HILL	20'-Test	Surprise	Surprise	
25.07. – 31.07.	EX INT	HEE	HEE	EX INT	HILL	Surprise	Surprise	
01.08. – 07.08.	COMP	LEE	LEE	COMP	IN INT	Surprise	Surprise	
08.08. – 14.08.	LEE	HILL	HILL	LEE	LEE	Surprise	Surprise	
15.08. – 21.08.	HILL	IN INT	IN INT	HILL	COMP	Surprise	Surprise	
22.08. – 28.08.	HEE	EX INT	EX INT	HEE	EX INT	Surprise	Surprise	
29.08. – 04.09.	EX INT	LEE	LEE	EX INT	20'-Test	Surprise	Surprise	



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