

Indoor Cycling Fitnesspark Regensdorf

21.03. bis. 12.06.2022

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	
21.03. – 27.03.	HEE	HEE	HEE	HEE	EX INT	Surprise	Surprise	
28.03. – 03.04.	HILL	HILL	HILL	HILL	HILL	Surprise	Surprise	
04.04. – 10.04.	COMP	EX INT	EX INT	COMP	HEE	Surprise	Surprise	
11.04. – 17.04.	EX INT	LEE	LEE	EX INT	LEE	Surprise	Surprise	
18.04. – 24.04.	LEE	HILL	HILL	LEE	COMP	Surprise	Surprise	
25.04. – 01.05.	HILL	EX INT	EX INT	HILL	20'-Test	Surprise	Surprise	
02.05. – 08.05.	EX INT	COMP	COMP	EX INT	HILL	Surprise	Surprise	
09.05. – 15.05.	COMP	LEE	LEE	COMP	HEE	Surprise	Surprise	
16.05. – 22.05.	LEE	HILL	HILL	LEE	LEE	Surprise	Surprise	
23.05. – 29.05.	HILL	HEE	HEE	HILL	COMP	Surprise	Surprise	
30.05. – 05.06.	HEE	EX INT	EX INT	HEE	EX INT	Surprise	Surprise	
06.06. – 12.06.	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