

Indoor Cycling Fitnesspark Regensdorf

28.11.2022. bis. 13.02.2023

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	
28.11. – 04.12.	HILL	HEE	HEE	HILL	EX INT	Surprise	Surprise	
05.12. – 11.12.	LEE	LEE	LEE	LEE	IN INT	Surprise	Surprise	
12.12. – 18.12.	EX INT	EX INT	EX INT	EX INT	HEE	Surprise	Surprise	
19.12. – 25.12.	HEE	LEE	LEE	HEE	LEE	Surprise	Surprise	
26.12. – 01.01.	COMP	HEE	HEE	COMP	EX INT	Surprise	Surprise	
02.01. – 08.01.	HILL	EX INT	EX INT	HILL	20'-Test	Surprise	Surprise	
09.01. – 15.01.	LEE	HILL	HILL	LEE	HILL	Surprise	Surprise	
16.01. – 22.01.	EX INT	COMP	COMP	EX INT	IN INT	Surprise	Surprise	
23.01. – 29.01.	HEE	LEE	LEE	HEE	LEE	Surprise	Surprise	
30.01. – 05.02.	COMP	EX INT	EX INT	COMP	COMP	Surprise	Surprise	
06.02. – 12.02.	HILL	HEE	HEE	HILL	EX INT	Surprise	Surprise	
13.02. – 19.02.	LEE	HILL	HILL	LEE	20'-Test	Surprise	Surprise	



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