

Indoor Cycling Fitnesspark Milandia

Januar – Februar 2023

Tag Zeit Dauer Instruktor	Montag 12:15 55 Michel B./ Doris M.	Dienstag 19:05 55 Evelyne B.	Donnerstag 20:10 55 Roland H.	Sonntag 12:00 55 Team
02.01.23 – 08.01.23	LEE	20'-Test	Surprise	Surprise
09.01.23 – 15.01.23	HILL	LEE	20'-Test	Surprise
16.01.23 – 22.01.23	HEE	HILL	LEE	Surprise
23.01.23 – 29.01.23	EX INT	HEE	HILL	Surprise
30.01.23 – 05.02.23	Surprise	EX INT	HEE	Surprise
06.02.23 – 12.02.23	IN INT	Surprise	EX INT	Surprise
13.02.23 – 19.02.23	LEE	IN INT	Surprise	Surprise
20.02.23 – 26.02.23	HILL	LEE	IN INT	Surprise
27.02.23 – 05.03.23	HEE	HILL	LEE	Surprise



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