

Indoor Cycling Fitnesspark Regensdorf

20.02.2023. bis. 14.05.2023

Tag Zeit Dauer Instruktor	Montag 12:00 55 Nicole F.	Montag 19:05 55 René J.	Mittwoch 10:00 55 Nicole F.	Donnerstag 18:00 55 Peter S.	Samstag 10:15 55 Aktuell	Sonntag 10:15 55 Aktuell		
20.02. – 26.02.	HILL	LEE	HILL	EX INT	Surprise	Surprise		
27.02. – 05.03.	LEE	IN INT	LEE	IN INT	Surprise	Surprise		
06.03. – 12.03.	EX INT	EX INT	EX INT	HEE	Surprise	Surprise		
13.03. – 19.03.	HEE	HILL	HEE	LEE	Surprise	Surprise		
20.03. – 26.03.	COMP	EX INT	COMP	EX INT	Surprise	Surprise		
27.03. – 02.04.	HILL	LEE	HILL	20 ¹ -Test	Surprise	Surprise		
03.04. – 09.04.	LEE	IN INT	LEE	HILL	Surprise	Surprise		
10.04. – 16.04.	EX INT	EX INT	EX INT	IN INT	Surprise	Surprise		
17.04. – 23.04.	HEE	HILL	HEE	LEE	Surprise	Surprise		
24.04. – 30.04.	COMP	EX INT	COMP	COMP	Surprise	Surprise		
01.05. – 07.05.	HILL	LEE	HILL	EX INT	Surprise	Surprise		
08.05. – 14.05.	LEE	HILL	LEE	20 ¹ -Test	Surprise	Surprise		



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