

Indoor Cycling Fitnesspark Milandia

März – April 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
06.03.23 – 12.03.23	EX INT	HEE	HILL	Surprise
13.03.23 – 19.03.23	Surprise	EX INT	HEE	Surprise
20.03.23 – 26.03.23	20'-Test	Surprise	EX INT	Surprise
27.03.23 – 02.04.23	LEE	20'-Test	Surprise	Surprise
03.04.23 – 09.04.23	HILL	LEE	20'-Test	Surprise
10.04.23 – 16.04.23	HEE	HILL	LEE	Surprise
17.04.23 – 23.04.23	EX INT	HEE	HILL	Surprise
24.04.23 – 30.04.23	Surprise	EX INT	HEE	Surprise



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