

Indoor Cycling Fitnesspark Regensdorf

14.05.2023. bis. 06.08.2023

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		
15.05. – 21.05.	HILL	LEE	HILL	EX INT	Surprise	Surprise		
22.05. – 28.05.	LEE	HEE	LEE	IN INT	Surprise	Surprise		
29.05. – 04.06.	HEE	EX INT	HEE	HILL	Surprise	Surprise		
05.06. – 11.06.	HEE	LEE	HEE	EX INT	Surprise	Surprise		
12.06. – 18.06.	COMP	IN INT	COMP	LEE	Surprise	Surprise		
19.06. – 25.06.	IN INT	HILL	IN INT	HILL	Surprise	Surprise		
26.06. – 02.07.	LEE	COMP	LEE	HEE	Surprise	Surprise		
03.07. – 09.07.	HILL	EX INT	HILL	IN INT	Surprise	Surprise		
10.07. – 16.07.	HEE	LEE	HEE	EX INT	Surprise	Surprise		
17.07. – 23.07.	COMP	HEE	COMP	20'-Test	Surprise	Surprise		
24.07. – 30.07.	LEE	HILL	LEE	IN INT	Surprise	Surprise		
31.07. – 06.08.	HEE	LEE	HEE	LEE	Surprise	Surprise		



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