

Indoor Cycling Fitnesspark Milandia

September – Oktober 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
04.09.23 – 10.09.23	20'-Test	Surprise	EX INT	Surprise
11.09.23 – 17.09.23	LEE	20'-Test	Surprise	Surprise
18.09.23 – 24.09.23	HILL	LEE	20'-Test	Surprise
25.09.23 – 01.10.23	HEE	HILL	LEE	Surprise
02.10.23 – 08.10.23	EX INT	HEE	HILL	Surprise
09.10.23 – 15.10.23	Surprise	EX INT	HEE	Surprise
16.10.23 – 22.10.23	IN INT	Surprise	EX INT	Surprise
23.10.23 – 29.10.23	LEE	IN INT	Surprise	Surprise
30.10.23 – 05.11.23	HILL	LEE	IN INT	Surprise



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