

# Indoor Cycling Fitnesspark Milandia

## September - Oktober 2024

Tag Zeit Dauer Instruktor	Montag 12:15 55' Evelyne B./Roland H.	Dienstag 19:05 55' Evelyne B.	Donnerstag 20:10 55' Roland H./Nils C.	Sonntag 12:00 55'/85' Team
02.09.24 – 08.09.24	HILL	LEE	20'-Test	Surprise
09.09.24 – 15.09.24	HEE	HILL	LEE	Surprise
16.9.24 – 22.09.24	EX INT	HEE	HILL	Jubiläums-Special siehe separate Info
23.09.24 – 29.09.24	Surprise	EX INT	HEE	Surprise
30.09.24 – 06.10.24	IN INT	Surprise	EX INT	Surprise
07.10.24 – 13.10.24	LEE	IN INT	Surprise	Surprise
14.10.24 – 20.10.24	HILL	LEE	IN INT	Surprise
21.10.24 – 27.10.24	EX INT	HILL	LEE	Surprise
28.10.24 – 03.11.24	Surprise	EX INT	HILL	Surprise



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