

Indoor Cycling Fitnesspark Milandia

Januar - Februar 2025

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
06.01.25 - 12.01.25	Surprise	EX INT	HILL	Surprise
13.01.25 - 19.01.25	20'-Test	Surprise	EX INT	Surprise
20.01.25 - 26.01.25	LEE	20'-Test	Surprise	Surprise
27.01.25 - 02.02.25	HILL	LEE	20'-Test	Surprise
03.02.25 - 09.02.25	EX INT	HILL	LEE	Surprise
10.02.25 - 16.02.25	Surprise	EX INT	HILL	Surprise
17.02.25 - 23.02.25	IN INT	Surprise	EX INT	Surprise
24.02.25 - 02.03.25	LEE	IN INT	Surprise	Surprise



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