

# Indoor Cycling Fitnesspark Regensdorf

vom 30. Dezember 2024 bis 30. März 2025

| Tag<br>Zeit<br>Dauer<br>Instruktor | Montag<br>12:00<br>55 min<br>Nicole F. | Montag<br>19:05<br>55 min<br>Rene J. | Mittwoch<br>10:05<br>55 min<br>Nicole F. | Donnerstag<br>18:00<br>55 min<br>Peter S. | Freitag<br>11:05<br>55 min<br>Maxi P. | Samstag<br>10:15<br>55 min<br>AKTUELL | Sonntag<br>10:15<br>55 min<br>AKTUELL |
|------------------------------------|--|--------------------------------------|--|---|---------------------------------------|---------------------------------------|---------------------------------------|
| 30.12.24 - 05.01.25                | HEE                                    | HILL                                 | Spezialplan                              | Spezialplan                               | 6 Weeks                               | Surprise                              | Surprise                              |
| 06.01.25 - 12.01.25                | HILL                                   | LEE                                  | HILL                                     | EX INT                                    | Special                               | Surprise                              | Surprise                              |
| 13.01.25 - 19.01.25                | LEE                                    | HEE                                  | LEE                                      | IN INT                                    | 07.02.                                | Surprise                              | Surprise                              |
| 20.01.25 - 26.01.25                | 20`-Test                               | EX INT                               | IN INT                                   | HEE                                       | bis                                   | Surprise                              | Surprise                              |
| 27.01.25 - 02.02.25                | IN INT                                 | IN INT                               | HILL                                     | HILL                                      | 14.03.                                | Surprise                              | Surprise                              |
| 03.02.25 - 09.02.25                | HEE                                    | HILL                                 | HEE                                      | LEE                                       | EX INT                                | Surprise                              | Surprise                              |
| 10.02.25 - 16.02.25                | HILL                                   | HEE                                  | HILL                                     | HILL                                      | LEE                                   | Surprise                              | Surprise                              |
| 17.02.25 - 23.02.25                | EX INT                                 | LEE                                  | EX INT                                   | COMP                                      | HILL                                  | Surprise                              | Surprise                              |
| 24.02.25 - 02.03.25                | HILL                                   | HILL                                 | HILL                                     | EX INT                                    | IN INT                                | Surprise                              | Surprise                              |
| 03.03.25 - 09.03.25                | LEE                                    | COMP                                 | LEE                                      | HEE                                       | HEE                                   | Surprise                              | Surprise                              |
| 10.03.25 - 16.03.25                | COMP                                   | EX INT                               | COMP                                     | HILL                                      | COMP                                  | Surprise                              | Surprise                              |
| 17.03.25 - 23.03.25                | EX INT                                 | HEE                                  | EX INT                                   | LEE                                       | Viel                                  | Surprise                              | Surprise                              |
| 24.03.25 - 30.03.25                | HILL                                   | HILL                                 | HILL                                     | IN INT                                    | Spass!                                | Surprise                              | Surprise                              |



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

FITNESS  PARK