

# Indoor Cycling Fitnesspark Regensdorf

## vom 29. September bis 28. Dezember 2025

Tag Zeit Dauer Instruktor	Montag 12:00 55 min Nicole F.	Montag 19:05 55 min Rene J.	Mittwoch 10:05 55 min Nicole F.	Donnerstag 18:00 55 min Peter S.	Samstag 10:15 55 min AKTUELL	Sonntag 10:15 55 min AKTUELL
29.09.25 - 05.10.25	IN INT	HEE	IN INT	EX INT	Surprise	Surprise
06.10.25 - 12.10.25	HEE	EX INT	HEE	HILL	Surprise	Surprise
13.10.25 - 19.10.25	LEE	HILL	LEE	IN INT	Surprise	Surprise
20.10.25 - 26.10.25	HILL	LEE	HILL	20`-Test	Surprise	Surprise
27.10.25 - 02.11.25	EX INT	IN INT	EX INT	LEE	Surprise	Surprise
03.11.25 - 09.11.25	LEE	HILL	LEE	HEE	Surprise	Surprise
10.11.25 - 16.11.25	COMP	EX INT	COMP	EX INT	Surprise	Surprise
17.11.25 - 23.11.25	HILL	20`-Test	HILL	HILL	Surprise	Surprise
24.11.25 - 30.11.25	HEE	LEE	HEE	COMP	Surprise	Marathon
01.12.25 - 07.12.25	EX INT	HEE	EX INT	HILL	Surprise	Surprise
08.12.25 - 14.12.25	HILL	COMP	HILL	LEE	Surprise	Surprise
15.12.25 - 21.12.25	LEE	HILL	LEE	HEE	Surprise	Surprise
22.12.25 - 28.12.25	IN INT	EX INT	Spezialplan	geschlossen	Surprise	Surprise



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

FITNESS  PARK

