

Indoor Cycling Fitnesspark Regensdorf

vom 28. September bis 27. Dezember 2026

Tag Zeit Dauer Instruktor	Montag 12:00 55 min Nicole F.	Montag 19:05 55 min Rene J.	Dienstag 20:05 40 min Hanspi B.	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
28.09.26 - 04.10.26	IN INT	HEE		IN INT	EX INT	Surprise	Spezialplan
05.10.26 - 11.10.26	LEE	EX INT		LEE	HEE	Surprise	Surprise
12.10.26 - 18.10.26	HEE	HILL		HEE	HILL	Surprise	Surprise
19.10.26 - 25.10.26	HILL	LEE	RHYTHM	HILL	IN INT	Surprise	Surprise
26.10.26 - 01.11.26	EX INT	IN INT	RHYTHM	EX INT	20`-Test	Surprise	Surprise
02.11.26 - 08.11.26	LEE	HILL	RHYTHM	LEE	HEE	Surprise	Surprise
09.11.26 - 15.11.26	COMP	EX INT	RHYTHM	COMP	EX INT	Surprise	Surprise
16.11.26 - 22.11.26	HILL	20`-Test	RHYTHM	HILL	HILL	Surprise	Surprise
23.11.26 - 29.11.26	HEE	LEE	RHYTHM	HEE	COMP	Surprise	Surprise
30.11.26 - 06.12.26	EX INT	HEE	RHYTHM	EX INT	HILL	Surprise	Surprise
07.12.26 - 13.12.26	HILL	COMP	RHYTHM	HILL	LEE	Surprise	Surprise
14.12.26 - 20.12.26	LEE	HILL	RHYTHM	LEE	HEE	Surprise	Surprise
21.12.26 - 27.12.26	IN INT	EX INT	RHYTHM	IN INT	EX INT	Surprise	Surprise



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

FITNESS  PARK