

# Indoor Cycling Fitnesspark Stockerhof

## vom 28. September bis 27. Dezember 2026

| Tag<br>Zeit<br>Dauer<br>Instruktor | Montag<br>11:40<br>55 min<br>René G. | Montag<br>17:40<br>55 min<br>Maxi P. | Dienstag<br>12:45<br>55 min<br>Rute C. | Mittwoch<br>12:45<br>55 min<br>Stefan S. | Mittwoch<br>19:50<br>55 min<br>Anni K. | Donnerstag<br>11:40<br>55 min<br>Mark S. | Donnerstag<br>18:45<br>55 min<br>Adrian K. | Freitag<br>11:40<br>55 min<br>Maxi P. | Freitag<br>17:40<br>70 min<br>René J. | Samstag<br>12:00<br>70 min<br>Esther A. | Sonntag<br>09:45<br>85 min<br>Oscar B. |
|------------------------------------|--------------------------------------|--------------------------------------|----------------------------------------|------------------------------------------|----------------------------------------|------------------------------------------|--------------------------------------------|---------------------------------------|---------------------------------------|-----------------------------------------|----------------------------------------|
| 28.09.26 - 04.10.26                | EX INT                               | HILL                                 | HILL                                   | COMP                                     | LEE                                    | HILL                                     | IN INT                                     | HILL                                  | HEE                                   | HILL                                    | Surprise                               |
| 05.10.26 - 11.10.26                | HEE                                  | IN INT                               | COMP                                   | HILL                                     | EX INT                                 | HEE                                      | HEE                                        | COMP                                  | EX INT                                | EX INT                                  | Surprise                               |
| 12.10.26 - 18.10.26                | IN INT                               | EX INT                               | HILL                                   | HEE                                      | HILL                                   | LEE                                      | LEE                                        | EX INT                                | HILL                                  | LEE                                     | Surprise                               |
| 19.10.26 - 25.10.26                | HILL                                 | HEE                                  | LEE                                    | EX INT                                   | IN INT                                 | IN INT                                   | HILL                                       | HEE                                   | LEE                                   | 20`-Test                                | Surprise                               |
| 26.10.26 - 01.11.26                | HEE                                  | HILL                                 | EX INT                                 | HEE                                      | HEE                                    | EX INT                                   | EX INT                                     | HILL                                  | IN INT                                | COMP                                    | Surprise                               |
| 02.11.26 - 08.11.26                | LEE                                  | LEE                                  | IN INT                                 | HILL                                     | HILL                                   | HILL                                     | COMP                                       | 20`-Test                              | HILL                                  | HILL                                    | Surprise                               |
| 09.11.26 - 15.11.26                | 20`-Test                             | HILL                                 | HILL                                   | IN INT                                   | LEE                                    | HEE                                      | HEE                                        | EX INT                                | EX INT                                | EX INT                                  | Surprise                               |
| 16.11.26 - 22.11.26                | EX INT                               | COMP                                 | LEE                                    | EX INT                                   | EX INT                                 | COMP                                     | LEE                                        | HILL                                  | 20`-Test                              | HEE                                     | Surprise                               |
| 23.11.26 - 29.11.26                | HEE                                  | EX INT                               | EX INT                                 | HILL                                     | COMP                                   | HEE                                      | EX INT                                     | HEE                                   | LEE                                   | LEE                                     | Surprise                               |
| 30.11.26 - 06.12.26                | HILL                                 | HEE                                  | HEE                                    | HEE                                      | HILL                                   | HILL                                     | HILL                                       | LEE                                   | HEE                                   | IN INT                                  | Surprise                               |
| 07.12.26 - 13.12.26                | LEE                                  | LEE                                  | COMP                                   | EX INT                                   | HEE                                    | LEE                                      | HEE                                        | IN INT                                | COMP                                  | HILL                                    | Surprise                               |
| 14.12.26 - 20.12.26                | COMP                                 | HILL                                 | EX INT                                 | HILL                                     | LEE                                    | IN INT                                   | IN INT                                     | HEE                                   | HILL                                  | EX INT                                  | Surprise                               |
| 21.12.26 - 27.12.26                | EX INT                               | EX INT                               | LEE                                    | IN INT                                   | EX INT                                 | Spezialplan                              | Spezialplan                                | geschlossen                           | geschlossen                           | Spezialplan                             | Surprise                               |



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

FITNESS  PARK