

Indoor Cycling

Avril

Lundi	2	9	16	23	30
11:30 vélo Int.	Low Interval	Féié	Endurance	Low Interval	Endurance
18:30	Low Interval	Féié	Endurance Intensive	High Interval	Endurance
Mardi	3	10	17	24	
12:30	Endurance	Low Interval	Endurance Intensive	High Interval	
19:30	High Interval	Endurance	Low Interval	Endurance Intensive	
Mercredi	4	11	18	25	
17:30	Endurance	Low Interval	Endurance Intensive	High Interval	
18:45	Low Interval	Endurance Intensive	High Interval	Endurance	
Jeudi	5	12	19	26	
10:30 vélo Int.	Low Interval	Endurance	Low Interval	Endurance	
12:30	Endurance	Low Interval	Endurance Intensive	High Interval	
Vendredi	6	13	20	27	
12:30	High Interval	Endurance	Low Interval	Endurance Intensive	
Samedi	7	14	21	28	
10:00	Endurance	Low Interval	Endurance Intensive	High Interval	