

## Indoor Cycling

## Décembre

| Décembre               |              |                     |                     |                     |                        |
|------------------------|--------------|---------------------|---------------------|---------------------|------------------------|
| <b>Lundi</b>           |              | <b>3</b>            | <b>10</b>           | <b>17</b>           | <b>24/31</b>           |
| 11:30 <b>vélo Int.</b> |              | Endurance           | Low Interval        | Endurance           | Low Interval/Endurance |
| 18:30                  |              | Endurance Intensive | High Interval       | Endurance           | Low Interval           |
| <b>Mardi</b>           |              | <b>4</b>            | <b>11</b>           | <b>18</b>           | <b>25</b>              |
| 12:30                  |              | Endurance Intensive | High Interval       | Endurance           | Férié                  |
| 19:30                  |              | Low Interval        | Endurance Intensive | High Interval       | Férié                  |
| <b>Mercredi</b>        |              | <b>5</b>            | <b>12</b>           | <b>19</b>           | <b>26</b>              |
| 17:30                  |              | Endurance Intensive | High Interval       | Endurance           | Férié                  |
| 18:45                  |              | High Interval       | Endurance           | Low Interval        | Férié                  |
| <b>Jeudi</b>           |              | <b>6</b>            | <b>13</b>           | <b>20</b>           | <b>27</b>              |
| 10:30 <b>vélo Int.</b> |              | Low Interval        | Endurance           | Low Interval        | Endurance              |
| 12:30                  |              | Endurance           | Low Interval        | Endurance Intensive | High Interval          |
| <b>Vendredi</b>        |              | <b>7</b>            | <b>14</b>           | <b>21</b>           | <b>28</b>              |
| 12:30                  |              | Low Interval        | Low Interval        | Low Interval        | Low Interval           |
| <b>Samedi</b>          | <b>1</b>     | <b>8</b>            | <b>15</b>           | <b>22</b>           | <b>29</b>              |
| 10:00                  | Low Interval | Endurance Intensive | High Interval       | Endurance           | Low Interval           |