

Indoor Cycling

Juillet

Lundi	2	9	16	23	30
11:30 vélo Int.	Endurance	Low Interval	Endurance	Low interval	Endurance
18:30	Endurance	Low Interval	Endurance Intensive	High Interval	Endurance
Mardi	3	10	17	24	31
12:30	Endurance	Low Interval	Endurance Intensive	High Interval	Endurance
19:30	High Interval	Endurance	Low Interval	Endurance Intensive	High Interval
Mercredi	4	11	18	25	
17:30	Low Interval	Endurance Intensive	High Interval	Endurance	
18:45	Endurance Intensive	High Interval	Endurance	Low Interval	
Jeudi	5	12	19	26	
10:30 vélo Int.	Endurance	Low Interval	Endurance	Low Interval	
12:30	High Interval	Endurance	Low Interval	Endurance Intensive	
Vendredi	6	13	20	27	
12:30	Endurance	Low Interval	Endurance Intensive	High Interval	
Samedi	7	14	21	28	
10:00	Endurance	Low Interval	Endurance Intensive	High Interval	