

## Indoor Cycling

## Juin

Juin					
<b>Lundi</b>		<b>4</b>	<b>11</b>	<b>18</b>	<b>25</b>
11:30 <b>vélo Int.</b>		Endurance	Low Interval	Endurance	Low Interval
18:30		Endurance	Low Interval	Endurance Intensive	High Interval
<b>Mardi</b>		<b>5</b>	<b>12</b>	<b>19</b>	<b>26</b>
12:30		Endurance	Low Interval	Endurance Intensive	High Interval
19:30		High Interval	Endurance	Low Interval	Endurance Intensive
<b>Mercredi</b>		<b>6</b>	<b>13</b>	<b>20</b>	<b>27</b>
17:30		Low Interval	Endurance Intensive	High Interval	Endurance
18:45		Endurance Intensive	High Interval	Endurance	Low Interval
<b>Jeudi</b>		<b>7</b>	<b>14</b>	<b>21</b>	<b>28</b>
10:30 <b>vélo Int.</b>		Endurance	Low Interval	Endurance	Low Interval
12:30		High Interval	Endurance	Low Interval	Endurance Intensive
<b>Vendredi</b>	<b>1</b>	<b>8</b>	<b>15</b>	<b>22</b>	<b>29</b>
12:30	High Interval	Endurance	Low Interval	Endurance Intensive	High Interval
<b>Samedi</b>	<b>2</b>	<b>9</b>	<b>16</b>	<b>23</b>	<b>30</b>
10:00	Endurance	Low Interval	Endurance Intensive	Férié	High Interval