

## Indoor Cycling

Mai

<b>Lundi</b>		<b>7</b>	<b>14</b>	<b>21</b>	<b>28</b>
11:30 <b>vélo Int.</b>		Low Interval	Endurance	Low Interval	Férié
18:30		Low Interval	Endurance Intensive	High Interval	Férié
<b>Mardi</b>	<b>1</b>	<b>8</b>	<b>15</b>	<b>22</b>	<b>29</b>
12:30	Férié	Endurance	Low Interval	Endurance Intensive	High Interval
19:30	Férié	High Interval	Endurance	Low Interval	Endurance Intensive
<b>Mercredi</b>	<b>2</b>	<b>9</b>	<b>16</b>	<b>23</b>	<b>30</b>
17:30	Endurance	Low Interval	Endurance Intensive	High Interval	Endurance
18:45	Low Interval	Endurance Intensive	High Interval	Endurance	Low Interval
<b>Jeudi</b>	<b>3</b>	<b>10</b>	<b>17</b>	<b>24</b>	
10:30 <b>vélo Int.</b>	Low Interval	Endurance	Férié	Low Interval	
12:30	Endurance	Low Interval	Férié	Endurance Intensive	
<b>Vendredi</b>	<b>4</b>	<b>11</b>	<b>18</b>	<b>25</b>	
12:30	High Interval	Endurance	Low Interval	Endurance Intensive	
<b>Samedi</b>	<b>5</b>	<b>12</b>	<b>19</b>	<b>26</b>	
10:00	Endurance	Low Interval	Endurance Intensive	High Interval	