

Indoor Cycling

Novembre

Novembre					
Lundi		5	12	19	26
11:30 vélo Int.		Endurance	Low Interval	Endurance	Low Interval
18:30		Endurance Intensive	High Interval	Endurance	Low Interval
Mardi		6	13	20	27
12:30		Endurance Intensive	High Interval	Endurance	Low Interval
19:30		Low Interval	Endurance Intensive	High Interval	Endurance
Mercredi		7	14	21	28
17:30		Endurance Intensive	High Interval	Endurance	Low Interval
18:45		High Interval	Endurance	Low Interval	Endurance Intensive
Jeudi	1	8	15	22	29
10:30 vélo Int.	Férié	Low Interval	Endurance	Low Interval	Endurance
12:30	Férié	Endurance	Low Interval	Endurance Intensive	High Interval
Vendredi	2	9	16	23	30
12:30	Low Interval	Endurance Intensive	High Interval	Endurance	Low Interval
Samedi	3	10	17	24	
10:00	Low Interval	Endurance Intensive	High Interval	Endurance	