

Indoor Cycling

Octobre

Lundi	1	8	15	22	29
11:30 vélo Int.	Low Interval	Endurance	Low Interval	Endurance	Low Interval
18:30	Low Interval	Endurance Intensive	High Interval	Endurance	Low Interval
Mardi	2	9	16	23	30
12:30	Low Interval	Endurance Intensive	High Interval	Endurance	Low Interval
19:30	Endurance	Low Interval	Endurance Intensive	High Interval	Endurance
Mercredi	3	10	17	24	31
17:30	Low Interval	Endurance Intensive	High Interval	Endurance	Low Interval
18:45	Endurance Intensive	High Interval	Endurance	Low Interval	Endurance Intensive
Jeudi	4	11	18	25	
10:30 vélo Int.	Low Interval	Endurance	Low Interval	Endurance	
12:30	Endurance	Low Interval	Endurance Intensive	High Interval	
Vendredi	5	12	19	26	
12:30	Low Interval	Endurance Intensive	High Interval	Endurance	
Samedi	6	13	20	27	
10:00	Low Interval	Endurance Intensive	High Interval	Endurance	