

Indoor Cycling

Septembre

Septembre					
Lundi		3	10	17	24
11:30 vélo Int.		Low Interval	Endurance	Low Interval	Endurance
18:30		Low Interval	Endurance Intensive	High Interval	Endurance
Mardi		4	11	18	25
12:30		Low Interval	Endurance Intensive	High Interval	Endurance
19:30		Endurance	Low Interval	Endurance Intensive	High Interval
Mercredi		5	12	19	26
17:30		Low Interval	Endurance Intensive	High Interval	Endurance
18:45		Endurance Intensive	High Interval	Endurance	Low Interval
Jeudi		6	13	20	27
10:30 vélo Int.		Low Interval	Endurance	Low Interval	Endurance
12:30		Endurance	Low Interval	Endurance Intensive	High Interval
Vendredi		7	14	21	28
12:30		Low Interval	Endurance Intensive	High Interval	Endurance
Samedi	1	8	15	22	29
10:00	Endurance	Low Interval	Endurance Intensive	High Interval	Endurance