

# INDOORCYCLING

## Montag bis Sonntag

Datum	Start der Lektion	Instruktor	Profil	HF	Studio
Mo. 30.10.23	11:45h	Cecco	Pyramide	65-85%	VdM Center - Allschwil
Di. 31.10.23	19h	Carlo	Fartlek	65-85%	AXIS Fitness - Aesch
Di. 31.10.23	19h	Brigit	Surprise	65-85%	VdM Center - Allschwil
Mi. 01.11.23	12h	Cecco	Laps	65-85%	AXIS Fitness - Aesch
Mi. 01.11.23	11:45h	Carlo	Surprise	65-85%	VdM Center - Allschwil
Do. 02.11.23	19h	Cecco	Surprise	65-85%	AXIS Fitness - Aesch
Do. 02.11.23	11:45h	Evelyne	Surprise	65-85%	VdM Center - Allschwil
Do. 02.11.23	19h	Claudia	HEE	75-85%	VdM Center - Allschwil
Fr. 03.11.23	12h	Cecco	Intervall ext.	65-85%	AXIS Fitness - Aesch
Fr. 03.11.23	11:45h	Christoph B.	HEE	75-85%	VdM Center - Allschwil
Sa. 04.11.23	9:30h	Cecco	120 Minuten	65-85%	VdM Center - Allschwil
So 05.11.23	9:30h	Cecco	Welcome to Sunday	65-85%	AXIS Fitness - Aesch



Cecco



Carlo



Brigit

## CYCLE MIT UNS



Evelyne



Claudia



Christoph B.