FITNESS PARK

November 2026

CYCLING KURSPLAN STUHR

SONNTAG	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
1 I 11:00-12:30	2 E 19:00-20:00	3 I 17:10-18:10	4 S 19:00-20:00	5 I 19:00-20:00	6 S 17:30-18:30	7
8 S 11:00-12:00	9 I 19:00-20:00	10 E 17:10-18:10	11 I 19:00-20:00	12 S 19:00-20:00	13 I 17:30-18:30	14
15 I 11:00-12:00	16 S 19:00-20:00	17 I 17:10-18:10	18 E 19:00-20:00	19 I 19:00-20:30	20 S 17:30-18:30	21
22 S 11:00-12:00	23 I 19:00-20:00	24 S 17:10-18:10	25 I 19:00-20:00	26 S 19:00-20:00	27 E 17:30-18:30	28
29 I 11:00-12:00	30 S 19:00-20:00	31	I = INTERVAL S = STRENGTH E = ENDURANCE			