

Kursplan SchwinnCycling Solothurn

Gültig von 1.2.2012 bis 29.2.2012

GreenRoom

Datum	Tag	Instruktor	Uhrzeit	Programm	
1.2.	MI	Thomas	12.15 – 13.15	Interval	65-92%
1.2.	MI	Claudio	19.45 – 21.00	Interval	65-92%
5.2.	SO	Claudio	10.00 – 11.00	Surprise	65-95%
6.2.	MO	Mario	18.30 – 19.30	HighEnd Endurance	75-85%
7.2.	DI	Hans	20.00 – 21.00	Interval	65-92%
8.2.	MI	Thomas	12.15 – 13.15	Hill	75-85%
8.2.	MI	Claudio	19.45 – 21.00	Hill	75-85%
12.2.	SO	Josè	09.30 – 11.30	Spin & Pump	
13.2.	MO	Mario	18.30 – 19.30	Interval	65-92%
14.2.	DI	Hans	20.00 – 21.00	Hill	75-85%
15.2.	MI	Thomas	12.15 – 13.15	LowEnd Endurance	65-75%
15.2.	MI	Claudio	19.45 – 21.00	LowEnd Endurance	65-75%
19.2.	SO	Josè	10.00 – 11.00	Surprise	65-95%
20.2.	MO	Mario	18.30 – 19.30	Hill	75-85%
21.2.	DI	Hans	20.00 – 21.00	LowEnd Endurance	65-75%
22.2.	MI	Thomas	12.15 – 13.15	HighEnd Endurance	75-85%
22.2.	MI	Claudio	19.45 – 21.00	HighEnd Endurance	75-85%
26.2.	SO	Thomas / Claudio / Mario	09.00 – 12.00	3-Std. Marathon	
27.2.	MO	Mario	18.30 – 19.30	LowEnd Endurance	65-75%
28.2.	DI	Hans	20.00 – 21.00	HighEnd Endurance	75-85%
29.2.	MI	Thomas	12.15 – 13.15	Interval	65-92%
29.2.	MI	Claudio	19.45 – 21.00	Interval	65-92%

Änderungen vorbehalten.