

MO / LU	<b>2</b>	<b>9</b>	<b>16</b>	<b>23</b>	<b>30</b>
12.15 - 13.10	<b>Interval</b> Roberto	<b>High End</b> Roberto	<b>Low End</b> Roberto	<b>Hill</b> Roberto	<b>Interval</b> Roberto
19.00 - 19.55	<b>Hill</b> Franck	<b>Low End</b> Franck	<b>High End</b> Franck	<b>Interval</b> Franck	<b>Hill</b> Franck
DI / MA	<b>3</b>	<b>10</b>	<b>17</b>	<b>24</b>	<b>31</b>
12.15 - 13.10	<b>Low End</b> Prisca	<b>Interval</b> Prisca	<b>Hill</b> Prisca	<b>High End</b> Prisca	<b>Interval</b> Prisca
18.30 - 19.25 *	<b>Interval</b> Philippe	<b>Hill</b> Philippe	<b>High End</b> Philippe	<b>Interval</b> Philippe	<b>Low End</b> Philippe
MI / ME	<b>4</b>	<b>11</b>	<b>18</b>	<b>25</b>	
09.00 - 09.55	<b>High End</b> Soraya	<b>Hill</b> Fabien	<b>Low End</b> Fabien	<b>Interval</b> Fabien	
18.30 - 19.25	<b>High End</b> Bernard	<b>Interval</b> Bernard	<b>Low End</b> Bernard	<b>Hill</b> Bernard	
DO / JE	<b>5</b>	<b>12</b>	<b>19</b>	<b>26</b>	
12.15 - 13.10	<b>Low End</b> Arnaldo	<b>Hill</b> Arnaldo	<b>Interval</b> Arnaldo	<b>High End</b> Arnaldo	
18.30 - 19.55 *	<b>Interval</b> Fabien	<b>Fartlek</b> Fabien	<b>High End</b> Fabien	<b>Hill</b> Fabien	
FR / VE	<b>6</b>	<b>13</b>	<b>20</b>	<b>27</b>	
12.15 - 13.10	<b>Interval</b> Prisca	<b>Low End</b> Prisca	<b>Hill</b> Prisca	<b>High End</b> Prisca	
SA / SA	<b>7</b>	<b>14</b>	<b>21</b>	<b>28</b>	
10.00 - 11.25	<b>Fartlek</b> Tania	<b>Fartlek</b> Fabien	<b>Fartlek</b> Franck	<b>Fartlek</b> Arnaldo	

## Kursprogramm : März 2020 Programme des cours : mars 2020

### Indoor Cycling

MO / LU
12.15 - 13.10
19.00 - 19.55

<b>6</b>	<b>Ostermontag   Lundi de Pâques</b>	<b>20</b>	<b>27</b>
<b>High End</b> Soraya	Fällt aus / annulé	<b>Low End</b> Roberto	<b>Interval</b> Roberto
<b>Low End</b> Franck	Fällt aus / annulé	<b>High End</b> Franck	<b>Interval</b> Franck

DI / MA
12.15 - 13.10
18.30 - 19.25 *

<b>7</b>	<b>14</b>	<b>21</b>	<b>28</b>
<b>Low End</b> Prisca	<b>Interval</b> Prisca	<b>Hill</b> Prisca	<b>High End</b> Prisca
<b>Hill</b> Philippe	<b>High End</b> Philippe	<b>Interval</b> Philippe	<b>Low End</b> Philippe

MI / ME
09.00 - 09.55
18.30 - 19.25

<b>1</b>	<b>8</b>	<b>15</b>	<b>22</b>	<b>29</b>
<b>Hill</b> Fabien	<b>High End</b> Fabien	<b>Low End</b> Fabien	<b>Interval</b> Fabien	<b>Hill</b> Fabien
<b>High End</b> Bernard	<b>Interval</b> Bernard	<b>Low End</b> Bernard	<b>Hill</b> Bernard	<b>High End</b> Bernard

DO / JE
12.15 - 13.10
18.30 - 19.55

<b>2</b>	<b>9</b>	<b>16</b>	<b>23</b>	<b>30</b>
<b>Low End</b> Soraya	<b>Hill</b> Arnaldo	<b>Interval</b> Arnaldo	<b>High End</b> Arnaldo	<b>Hill</b> Arnaldo
<b>Interval</b> Cornelia	<b>Hill</b> Fabien	<b>High End</b> Fabien	<b>Fartlek</b> Fabien	<b>Interval</b> Fabien

FR / VE
12.15 - 13.10

<b>3</b>	<b>Karfreitag   Vendredi Saint</b>	<b>17</b>	<b>24</b>
<b>Interval</b> Prisca	<b>Cycling &amp; Yoga</b> 12.15 -13.10 & 13.30 -14.45 - Fabien	<b>Hill</b> Prisca	<b>High End</b> Prisca

SA / SA
10.00 - 11.25

<b>4</b>	<b>Ostersamstag   Samedi de Pâques</b>	<b>18</b>	<b>25</b>
<b>Fartlek</b> Bernard	Fällt aus / annulé	<b>Fartlek</b> Bernard	<b>Fartlek</b> Franck

## Kursprogramm : April 2020 Programme des cours : avril 2020

### Indoor Cycling