



Cycling

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 AM	Cycling Interval (60')		Cycling Interval (60')			Cycling Interval (55')	
11 AM					FREE CYCLING RIDE (60')	Cycling Interval (55')	
12 PM		Cycling Interval (55')					
6 PM				Cycling Interval - Gabriel Sebastian (60')			
7 PM	Cycling Interval (60')	Cycling Interval - Stefan Stefan Cusursuz (55')	Free Ride Cycling (55')				
8 PM				Cycling Interval cu Stefan Cusursuz (55')			