

		l	m	x	j	v	s	d
07:15 - 08:00	CYCLING		CYCLING		CYCLING			
11:15 - 12:00	CYCLING						CYCLING	
14:15 - 15:00	CYCLING	CYCLING		CYCLING				
18:45 - 19:30	CYCLING				CYCLING			
19:00 - 19:45	CYCLING	CYCLING						
19:15 - 20:00	CYCLING		CYCLING	CYCLING				
20:15 - 21:00	CYCLING	CYCLING		CYCLING				