

OASE SPINNING® Plan September 2022



29.08.2022 – 04.09.2022

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
10:30 – 11:30 Interval						
						11:00 – 12:00 Free Ride
17:00 – 18:00 Interval				17:00 – 18:00 Endurance		
18:15 – 19:15 Strength	18.00 - 19.00 Special	18:45 – 19:45 Interval		18:15 – 19:45 XL Class		

05.09.2022 – 11.09.2022

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
10:30 – 11:30 Strength						
						11:00 – 12:00 Free Ride
17:00 – 18:00 Endurance				17:00 – 18:00 Strength		
18:15 – 19:15 Strength	18.00 - 19.00 Special	18:45 – 19:45 Endurance		18:15 – 19:15 Interval		

12.09.2022 – 18.09.2022

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
10:30 – 11:30 Interval						
						11:00 – 12:00 Free Ride
17:00 – 18:00 Interval				17:00 – 18:00 Strength		
18:15 – 19:15 Interval	18.00 - 19.00 Special	18:45 – 19:45 Strength		18:15 – 19:15 Interval		

19.09.2022 – 25.09.2022

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
10:30 – 11:30 Strength						
						11:00 – 12:00 Free Ride
17:00 – 18:00 Endurance				17:00 – 18:00 Interval		
18:15 – 19:15 Interval	18.00 - 19.00 Special	18:45 – 19:45 Interval		18:15 – 19:15 Strength		

26.09.2022 – 02.10.2022

Mo.	Di.	Mi.	Do.	Fr.	Sa.	So.
10:30 – 11:30 Interval						
						11:00 – 12:00 Free Ride
17:00 – 18:00 Interval				17:00 – 18:00 Interval		
18:15 – 19:15 Strength	18.00 - 19.00 Special	18:45 – 19:45 Interval		18:15 – 19:15 Interval		