

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06 00	Cycling Pro II - Downtown LA	Cycling Basic I - Brooklyn	Cycling Pro I - Las Vegas	Cycling Basic II - Bronx	Miami Cycling II	Go virtual! Cycling	Cycling Pro II - Downtown LA	06 00
06 30		HIIT Cycling - Bronx	Cycling Basic I - Brooklyn			HIIT Cycling - Bronx		06 30
07 00	Cycling Basic II - Malibu	Cycling Basic II - Bronx	Cycling Pro I - Downtown L.A.	Cycling Pro II - Downtown L.A.	Cycling Pro II - Las Vegas	Cycling Pro I - Las Vegas	Cycling Basic I - Malibu	07 00
07 30			HIIT Cycling - Bronx			Cycling Basic I - Brooklyn	Go virtual! Cycling	07 30
08 00	Cycling Pro I - Las Vegas	Cycling Pro II - Downtown L.A.	Miami Cycling II	Go virtual! Cycling	Cycling Basic I - Malibu	Cycling Pro II - Detroit	Cycling Pro II - Las Vegas	08 00
08 30	Go virtual! Cycling			HIIT Cycling - Bronx	Cycling Pro I - Las Vegas			08 30
09 00	Cycling Pro II - Detroit	Cycling Pro I - Las Vegas	Cycling Pro II - Detroit	Miami Cycling II	Cycling Basic I - Brooklyn	Cycling Pro I - Downtown L.A.	Miami Cycling II	09 00
09 30		Go virtual! Cycling			Cycling Pro I - Downtown L.A.	Cycling Basic I - Malibu		09 30
10 00	Cycling Basic I - Brooklyn	Cycling Basic II - Malibu	Cycling Pro II - Las Vegas	Cycling Pro I - Downtown L.A.	HIIT Cycling - Bronx	Cycling Basic II - Malibu	Cycling Pro I - Downtown L.A.	10 00
10 30	Valley of Fire Cycling Challenge			Joshua Tree Park Trail	Go virtual! Cycling		Miami Cycling I	10 30
11 00	Cycling Pro I - Downtown L.A.	Cycling Pro II - Las Vegas	Cycling Basic I - Malibu	Cycling Pro II - Detroit	Cycling Basic II - Malibu	Cycling Pro II - Las Vegas	HIIT Cycling - Bronx	11 00
11 30	Miami Cycling I		Venice Beach Ocean Ride				Go virtual! Cycling	11 30
12 00	Cycling Pro II - Downtown L.A.	Miami Cycling II	HIIT Cycling - Bronx	Cycling Basic I - Brooklyn	Cycling Pro II - Detroit	Go virtual! Cycling	Big Sur Pacific Trip	12 00
12 30			Go virtual! Cycling	Valley of Fire Cycling Challenge		Cycling Pro I - Downtown L.A.	Cycling Basic I - Brooklyn	12 30
13 00	Cycling Basic II - Malibu	Cycling Pro I - Downtown L.A.	Cycling Pro II - Downtown L.A.	Cycling Pro II - Las Vegas	Miami Cycling I	Miami Cycling II	Cycling Basic II - Bronx	13 00
13 30		Cycling Basic I - Brooklyn			HIIT Cycling - Bronx			13 30
14 00	HIIT Cycling - Bronx	Cycling Pro II - Detroit	Cycling Basic II - Malibu	Go virtual! Cycling	Cycling Basic I - Malibu	Cycling Pro II - Downtown L.A.	Cycling Pro II - Las Vegas	14 00
14 30	Cycling Pro I - Las Vegas			Cycling Pro I - Las Vegas	Cycling Pro I - Downtown L.A.			14 30
15 00	Miami Cycling II	Joshua Tree Park Trail	Miami Cycling I	Cycling Basic II - Malibu	Cycling Basic II - Bronx	Cycling Pro I - Las Vegas	Valley of Fire Cycling Challenge	15 00
15 30		Cycling Pro I - Las Vegas	Cycling Pro I - Downtown L.A.			HIIT Cycling - Bronx	Cycling Pro I - Las Vegas	15 30
16 00	Cycling Basic I - Brooklyn	Go virtual! Cycling	Miami Cycling II	Cycling Pro I - Downtown L.A.	Cycling Pro II - Downtown L.A.	Miami Cycling I	Cycling Basic I - Malibu	16 00
16 30	Cycling Pro I - Downtown L.A.	Cycling Basic I - Malibu		Miami Cycling I		Cycling Basic I - Malibu	Cycling Pro I - Downtown L.A.	16 30
17 00	Go virtual! Cycling	Cycling Pro II - Downtown L.A.	HIIT Cycling - Bronx	Cycling Pro II - Downtown L.A.	Miami Cycling I	Cycling Pro II - Detroit	Cycling Pro II - Downtown L.A.	17 00
17 30	Cycling Basic I - Malibu		Cycling Pro I - Las Vegas		Big Sur Pacific Trip			17 30
18 00	Cycling Pro II - Detroit	Miami Cycling I	Cycling Basic II - Bronx	HIIT Cycling - Bronx	Cycling Pro II - Las Vegas	Cycling Basic II - Bronx	Go virtual! Cycling	18 00
18 30		HIIT Cycling - Bronx		Cycling Basic I - Malibu			Cycling Basic I - Brooklyn	18 30
19 00	Cycling Basic II - Bronx	Cycling Pro II - Las Vegas	Cycling Pro I - Downtown L.A.	Cycling Pro II - Detroit	Cycling Basic I - Brooklyn	Cycling Pro II - Downtown LA	Cycling Pro II - Detroit	19 00
19 30			Cycling Basic I - Brooklyn		Cycling Pro I - Las Vegas			19 30
20 00	HIIT Cycling - Bronx	Cycling Pro I - Downtown L.A.	Cycling Pro II - Las Vegas	Cycling Pro I - Downtown L.A.	HIIT Cycling - Bronx	Cycling Pro I - Las Vegas	Miami Cycling I	20 00
20 30	Cycling Basic I - Brooklyn	Cycling Basic I - Brooklyn		Cycling Basic I - Brooklyn	Miami Cycling I	Go virtual! Cycling	Cycling Pro I - Downtown L.A.	20 30
21 00	Cycling Pro II - Las Vegas	Cycling Basic II - Bronx	Go virtual! Cycling	Cycling Pro I - Las Vegas	Cycling Pro II - Detroit	Cycling Pro II - Las Vegas	Cycling Basic II - Malibu	21 00
21 30			Miami Cycling I	Go virtual! Cycling				21 30
22 00	Cycling Basic I - Malibu	Miami Cycling II	Cycling Pro II - Detroit	Cycling Basic II - Bronx	Cycling Pro I - Downtown LA	Cycling Basic I - Brooklyn	Miami Cycling II	22 00
22 30	Go virtual! Cycling				Go virtual! Cycling	Venice Beach Ocean Ride		22 30
23 00	Venice Beach Ocean Ride	Cycling Pro I - Las Vegas	Cycling Pro II - Downtown LA	Cycling Pro II - Las Vegas	Cycling Basic II - Bronx	Cycling Pro I - Downtown LA	Cycling Pro I - Las Vegas	23 00
23 30	Cycling Pro I - Downtown LA	Big Sur Pacific Trip				Cycling Basic I - Malibu	Joshua Tree Park Trail	23 30