

		l	m	x	j	v	s	d
07:00 - 08:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			
08:00 - 09:00	VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
09:00 - 10:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
09:15 - 10:15	VIRTUAL						CYCLING VIRTUAL	CYCLING VIRTUAL
10:00 - 11:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
10:15 - 11:15	VIRTUAL						CYCLING VIRTUAL	CYCLING VIRTUAL
11:00 - 12:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
11:15 - 12:15	VIRTUAL							CYCLING VIRTUAL
12:00 - 13:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
12:15 - 13:15	VIRTUAL						CYCLING VIRTUAL	CYCLING VIRTUAL
13:00 - 14:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
13:15 - 14:15	VIRTUAL						CYCLING VIRTUAL	CYCLING VIRTUAL
14:15 - 15:15	VIRTUAL						CYCLING VIRTUAL	
15:00 - 16:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL					
15:15 - 16:15	VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	
16:00 - 17:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			CYCLING VIRTUAL		
16:15 - 17:15	VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	
17:00 - 18:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			CYCLING VIRTUAL		
17:15 - 18:15	VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	
18:00 - 19:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			CYCLING VIRTUAL		
18:15 - 19:15	VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	
20:00 - 21:00	VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
21:00 - 22:00	VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			