

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