

|               |         | l           | m           | x           | j           | v           | s | d |
|---------------|---------|-------------|-------------|-------------|-------------|-------------|---|---|
| 07:45 - 08:30 | CYCLING |             |             | CYCLING (R) |             |             |   |   |
| 08:00 - 08:45 | CYCLING |             |             |             |             | CYCLING (R) |   |   |
| 13:30 - 14:15 | CYCLING | CYCLING (R) |             |             |             |             |   |   |
| 14:30 - 15:15 | CYCLING |             | CYCLING (R) |             |             |             |   |   |
| 18:30 - 19:15 | CYCLING | CYCLING (R) | CYCLING (R) |             |             |             |   |   |
| 19:30 - 20:15 | CYCLING |             |             |             | CYCLING (R) |             |   |   |
| 19:45 - 20:30 | CYCLING |             | CYCLING (R) |             |             |             |   |   |
| 20:00 - 20:45 | CYCLING |             |             | CYCLING (R) |             |             |   |   |
| 20:15 - 21:00 | CYCLING | CYCLING (R) |             |             |             |             |   |   |