

		l	m	x	j	v	s	d
07:45 - 08:30	CYCLING			CYCLING (R)				
08:00 - 08:45	CYCLING					CYCLING (R)		
11:30 - 12:15	CYCLING							CYCLING
13:30 - 14:15	CYCLING	CYCLING (R)						
14:30 - 15:15	CYCLING		CYCLING (R)					
18:00 - 18:45	CYCLING					CYCLING		
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)						