

		mon	tue	wen	thu	fri	sat	sun
07:15 - 08:00	CYCLING	CYCLING (R)		CYCLING (R)				
08:00 - 08:45	CYCLING				CYCLING (R)			
14:15 - 15:00	CYCLING	CYCLING (R)	CYCLING (R)	CYCLING (R)	CYCLING (R)			
19:00 - 19:45	CYCLING		CYCLING (R)	CYCLING (R)				
19:45 - 20:30	CYCLING	CYCLING (R)			CYCLING (R)			