

		mon	tue	wen	thu	fri	sat	sun
08:30 - 09:15	CYCLING				CYCLING			
11:30 - 12:15	CYCLING						CYCLING	
15:15 - 16:00	CYCLING					CYCLING		
18:15 - 19:00	CYCLING				CYCLING			
19:15 - 20:00	CYCLING		CYCLING					
20:00 - 20:45	CYCLING			CYCLING				
20:15 - 21:00	CYCLING	CYCLING						
20:45 - 21:30	CYCLING				CYCLING			