BIKE SCHACK

Under icke schemalagda passtider kan du träna "ON DEMAND" - välj det pass du vill köra direkt på våra players!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00:00	06:00:00	07:00:00	06:00:00	07:00:00	09:30:00	10:00:00
RPM 78 (30 Mins)	RPM 78	RPM 78 (30 Mins)	RPM 79	RPM 79	RPM 77	RPM 78
11:30:00	12:00:00	11:30:00	12:00:00	11:30:00	11:00:00	16:00:00
RPM 79	RPM 79	RPM 78 (30 Mins)	RPM 79 (30 Mins)	RPM 79	RPM 79	RPM 79
17:00:00	16:30:00	17:00:00	17:00:00	16:30:00		
RPM 78 (30 Mins)	RPM 78 (30 Mins)	RPM 79	RPM 78	RPM 76		
17:30:00	17:00:00	18:00:00	18:00:00	17:30:00		
RPM 79 (30 Mins)	RPM 77	RPM 78 (30 Mins)	RPM 79	RPM 79 (30 Mins)		
18:30:00	18:30:00					
RPM 77	RPM 79					
19:30:00						
RPM 79 (30 Mins)						