



CyclingBoX Velotopia Virtual lessen

maandag

8u00 - 8u45	RPM 74 - Full
12u30 - 13u15	RPM 73 - Full
15u30 - 16u15	RPM 74 - Full
16u20 - 16u50	RPM 73 - Express
18u00 - 18u30	RPM 74 - Express
19u00 - 19u45	RPM 74 - Full

dinsdag

8u00 - 8u45	RPM 74 - Full
12u30 - 13u15	RPM 74 - Full
15u30 - 16u15	RPM 74 - Full
16u20 - 16u50	RPM 73 - Express
18u00 - 18u30	RPM 74 - Express

woensdag

8u00 - 8u45	RPM 73 - Full
12u30 - 13u15	RPM 73 - Full
15u30 - 16u15	RPM 73 - Full
16u20 - 16u50	RPM 74 - Express
18u00 - 18u30	RPM 74 - Express
20u15 - 21u00	RPM 73 - Full

donderdag

9u30 - 10u15	RPM 74 - Full
12u30 - 13u15	RPM 72 - Full
15u30 - 16u15	RPM 72 - Full
16u20 - 16u50	RPM 73 - Express
18u00 - 18u30	RPM 72 - Express

vrijdag

8u00 - 8u45	RPM 71 - Full
12u30 - 13u15	RPM 71 - Full
15u30 - 16u20	RPM 72 - Full
16u30 - 17u00	RPM 72 - Express

zaterdag

14u00 - 14u45	RPM 70 - Full
16u00 - 16u45	RPM 70 - Full
18u00 - 18u45	RPM 43 - Full
20u00 - 20u45	RPM 73 - Full

zondag

14u00 - 14u45	RPM 74 - Full
16u00 - 16u45	RPM 73 - Full
18u00 - 18u45	RPM 74 - Full
20u00 - 18u45	RPM 73 - Full