

		mon	tue	wen	thu	fri	sat	sun
07:00 - 07:45	CYCLING			CYCLING				
07:00 - 08:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
08:00 - 09:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		
09:00 - 10:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
09:15 - 10:15	CYCLING						CYCLING VIRTUAL	CYCLING VIRTUAL
10:00 - 11:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
10:15 - 11:15	CYCLING						CYCLING VIRTUAL	CYCLING VIRTUAL
11:00 - 12:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
11:15 - 12:15	CYCLING							CYCLING VIRTUAL
11:30 - 12:15	CYCLING						CYCLING	
12:00 - 13:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
12:15 - 13:15	CYCLING							CYCLING VIRTUAL
12:30 - 13:30	CYCLING						CYCLING VIRTUAL	
13:00 - 14:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
13:15 - 14:15	CYCLING							CYCLING VIRTUAL
13:30 - 14:30	CYCLING						CYCLING VIRTUAL	
14:00 - 15:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
14:30 - 15:30	CYCLING						CYCLING VIRTUAL	
15:00 - 16:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
15:30 - 16:30	CYCLING			CYCLING VIRTUAL			CYCLING VIRTUAL	
16:00 - 17:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
16:30 - 17:30	CYCLING			CYCLING VIRTUAL			CYCLING VIRTUAL	
17:00 - 18:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
17:30 - 18:30	CYCLING			CYCLING VIRTUAL			CYCLING VIRTUAL	
18:00 - 19:00	CYCLING	CYCLING VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL		
18:30 - 19:30	CYCLING			CYCLING VIRTUAL			CYCLING VIRTUAL	
19:00 - 20:00	CYCLING					CYCLING VIRTUAL		
19:30 - 20:15	CYCLING	CYCLING	CYCLING					
20:00 - 21:00	CYCLING					CYCLING VIRTUAL		
20:30 - 21:30	CYCLING				CYCLING VIRTUAL			
21:00 - 22:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL				