

| | | l | m | x | j | v | s | d |
|---------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 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 |
| 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 | | |
| 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 | | | | |