

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