

## **Spinning**

2/6 Lisen - Spinning Distans

9/6 Katarina - Spinning Distans

16/6 Sanna - Spinning Intervall

23/6 Katarina - Spinning Distans

30/6 Sanna - Spinning Intervall

7/7 Martin - Spinning Intervall

14/7 Ej klart

21/7 Ej klart

28/7 Ej klart

4/8 Katarina - Spinning Distans

11/8 Lisen - Spinning Distanser

18/8 Martin - Spinning Intervall