



| TIME | SUF CYCLING | DURATION |
|------------------|------------------------------|----------|
| MONDAY | | |
| 08:00 | CLIMB - G.O.A.T. | 42 mins |
| 09:00 | SPEED - DO AS YOU'RE TOLD | 43 mins |
| 12:30 | RACE - TBTITW | 29 mins |
| 14:30 | ENDUR - DEFENDER | 59 mins |
| 16:00 | CLIMB - POWERSTATION | 49 mins |
| 18:45 | SPEED - REVOLVER | 45 mins |
| TUESDAY | | |
| 06:45 | SPEED - THE CHORES | 55 mins |
| 08:00 | ENDUR - DEFENDER | 59 mins |
| 11:00 | CLIMB - THE WRETCHED | 45 mins |
| 12:30 | RACE - TBTITW | 29 mins |
| 16:00 | CLIMB - GETTING AWAY WITH IT | 45 mins |
| 17:30 | RACE - WHO DARES | 53 mins |
| 20:00 | SPEED - REVOLVER | 45 mins |
| WEDNESDAY | | |
| 08:00 | RACE - OMNIUM | 49 mins |
| 09:15 | SPEED - THE TOOL SHED | 58 mins |
| 12:30 | RACE - TBTITW | 29 mins |
| 13:30 | ENDUR - TGTOS | 88 mins |
| 16:00 | CLIMB - GETTING AWAY WITH IT | 45 mins |
| 17:00 | SPEED - DO AS YOU'RE TOLD | 43 mins |
| 18:00 | CLIMB - G.O.A.T. | 42 mins |

THURSDAY

| | | |
|-------|---------------------------|---------|
| 06:45 | SPEED - VIOLATOR | 59 mins |
| 08:00 | RACE - THE ROOKIE | 53 mins |
| 10:30 | CLIMB - POWERSTATION | 49 mins |
| 12:30 | RACE - TBTITW | 29 mins |
| 13:30 | CLIMB - ANGELS | 55 mins |
| 15:00 | ENDUR - DEFENDER | 59 mins |
| 16:30 | SPEED - DO AS YOU'RE TOLD | 43 mins |
| 19:00 | SPEED - THE TOOL SHED | 58 mins |

FRIDAY

| | | |
|-------|-----------------------------|---------|
| 06:45 | ENDUR - BLENDER | 90 mins |
| 09:30 | SPEED - DO AS YOU'RE TOLD | 43 mins |
| 12:30 | RACE - TBTITW | 29 mins |
| 13:30 | SPEED - THE TOOL SHED | 58 mins |
| 15:00 | CLIMB - THE WRETCHED | 45 mins |
| 16:00 | ENDUR - DEFENDER | 59 mins |
| 19:00 | SPEED - THE DOWNWARD SPIRAL | 55 mins |

SATURDAY

| | | |
|-------|---------------------------|---------|
| 09:45 | ENDUR - TGTOS | 88 mins |
| 12:00 | CLIMB - ANGELS | 55 mins |
| 13:15 | ENDUR - DEFENDER | 59 mins |
| 14:30 | SPEED - DO AS YOU'RE TOLD | 43 mins |
| 16:00 | RACE - OMNIUM | 49 mins |

SUNDAY

| | | |
|-------|----------------------|---------|
| 09:45 | ENDUR - BLENDER | 90 mins |
| 12:00 | RACE - WHO DARES | 53 mins |
| 13:15 | CLIMB - POWERSTATION | 49 mins |
| 14:30 | SPEED - VIOLATOR | 59 mins |
| 16:00 | ENDUR - TGTOS | 88 mins |