

ROUVY

UPCOMING

***SPRING
INTO ACTION***

Feb 26 – April 21



SPRING INTO ACTION / WEEK 3

🕒 UTC Time

ROUVY

🕒 **Monday** 11/03 **Tuesday** 12/03 **Wednesday** 13/03 **Thursday** 14/03 **Friday** 15/03 **Saturday** 16/03 **Sunday** 17/03

						Milan-San Remo	
9:00 a.m.						Ardu Race Week 1 #1 Ovada to Arenzano Italy	Ardu Race Week 1 #1 Imperia to San Remo Italy
10:00 a.m.						Classique #1 Diano Marina to Pantai	
11:00 a.m.			Recon Week 3 2.5W/kg #1 Ovada to Arenzano Italy	Recon Week 1 2.5W/kg #1 Imperia to San Remo	Ardu Race Week 1 #1 Imperia to San Remo Italy	Ardu 3W/kg #1 Imperia to San Remo Italy	Classique 2.5W/kg #1 Ovada to Campo Ligure Italy
12:00 a.m.						Ardu Race Week 1 #2 Ovada to Arenzano Italy	Ardu Race Week 1 #2 Imperia to San Remo Italy
1:00 p.m.	Classique #1 Nukerke to Kafhoek Flanders Belgium	Classique #1 Kerkgate to Ninove Belgium		Ardu Race Week 1 #1 Ovada to Arenzano Italy	Ardu Race Week 1 #2 Imperia to San Remo Italy	Classique #2 Diano Marina to Pantai Italy	
2:00 p.m.	Classique #1 Nukerke to Kafhoek Flanders Belgium			Classique #1 Ovada to Campo Ligure Italy			
3:00 p.m.	Classique #2 Nukerke to Kafhoek Flanders Belgium	Classique #2 Kerkgate to Ninove Belgium		Ardu Race Week 1 #2 Ovada to Arenzano Italy	Ardu Race Week 1 #3 Imperia to San Remo Italy	Ardu Race Week 1 #3 Ovada to Arenzano Italy	Ardu Race Week 1 #3 Imperia to San Remo Italy
4:00 p.m.						Classique #3 Diano Marina to Pantai Italy	
5:00 p.m.	Classique #3 Nukerke to Kafhoek Flanders Belgium	Classique #3 Kerkgate to Ninove Belgium		Ardu Race Week 1 #3 Ovada to Arenzano Italy		Ardu 3W/kg #2 Imperia to San Remo Italy	Classique 2.5W/kg #2 Ovada to Campo Ligure Italy
6:00 p.m.	Classique #1 Nukerke to Kafhoek Flanders Belgium			Classique #2 Ovada to Campo Ligure Italy			
7:00 p.m.			Recon Week 1 2.5W/kg #2 Ovada to Arenzano Italy	Recon Week 1 2.5W/kg #2 Imperia to San Remo			
8:00 p.m.					Ardu Race Week 1 #4 Imperia to San Remo Italy		
9:00 p.m.							
10:00 p.m.	Classique #4 Vincourt to Gruson France	Classique #4 Kerkgate to Ninove Belgium		Ardu Race Week 1 #4 Ovada to Arenzano Italy			
11:00 p.m.	Classique #3 Vincourt to Gruson France			Classique #3 Ovada to Campo Ligure Italy			

Ardu Classique Group Ride

KEEP GOING

SPRING INTO ACTION / WEEK 4

🕒 UTC Time

ROUVY



Monday 18/03

Tuesday 19/03

Wednesday 20/03

Thursday 21/03

Friday 22/03

Saturday 23/03

Sunday 24/03

Gent-Wevelgem

	Monday 18/03	Tuesday 19/03	Wednesday 20/03	Thursday 21/03	Friday 22/03	Saturday 23/03	Sunday 24/03
9:00 a.m.						Ardu Race Week 4 #1 Nieuwkerke to Ypry Belgium	Ardu Race Week 4 #1 Nieuwkerke to Ypry Belgium
10:00 a.m.							Classique #1 Ovada to Arenzano Italy
11:00 a.m.			Classique 2.5W/kg #1 Diano Marina to Pantai Italy		Race Week 4 2.5W/kg #1 Nieuwkerke to Ypry		Ardu 3W/kg #1 Nieuwkerke to Ypry Belgium
12:00 a.m.						Ardu Race Week 4 #2 Nieuwkerke to Ypry Belgium	Ardu Race Week 4 #2 Nieuwkerke to Ypry Belgium
1:00 p.m.	Ardu Race Week 4 #1 Ovada to Arenzano Italy		Classique #1 Vincourt to Gruson France	Ardu Race Week 4 #1 Imperia to San Remo Italy			Classique #2 Ovada to Arenzano Italy
2:00 p.m.	Classique #1 Nukerke to Kafhoek Flanders Belgium			Classique #1 Kerkgate to Michelbeke Belgium			
3:00 p.m.	Ardu Race Week 4 #2 Ovada to Arenzano Italy		Classique #2 Vincourt to Gruson France	Ardu Race Week 4 #2 Imperia to San Remo Italy		Ardu Race Week 4 #3 Nieuwkerke to Ypry Belgium	Ardu Race Week 4 #3 Nieuwkerke to Ypry Belgium
4:00 p.m.							Classique #3 Ovada to Arenzano Italy
5:00 p.m.	Ardu Race Week 4 #3 Ovada to Arenzano Italy		Classique #3 Vincourt to Gruson France	Ardu Race Week 4 #3 Imperia to San Remo Italy			Ardu 3W/kg #2 Nieuwkerke to Ypry Belgium
6:00 p.m.	Classique #2 Nukerke to Kafhoek Flanders Belgium			Classique #2 Kerkgate to Michelbeke Belgium			
7:00 p.m.			Classique 2.5W/kg #2 Diano Marina to Pantai Italy		Race Week 4 2.5W/kg #2 Nieuwkerke to Ypry		
8:00 p.m.							
9:00 p.m.							
10:00 p.m.	Ardu Race Week 4 #4 Ovada to Arenzano Italy		Classique #4 Vincourt to Gruson France	Ardu Race Week 4 #4 Imperia to San Remo Italy			
11:00 p.m.	Classique #3 Nukerke to Kafhoek Flanders Belgium			Classique #3 Kerkgate to Michelbeke Belgium			

Ardu Classique Group Ride

KEEP GOING

SPRING INTO ACTION / WEEK 5

🕒 UTC Time

ROUVY

🕒 **Monday** 25/03 **Tuesday** 26/03 **Wednesday** 27/03 **Thursday** 28/03 **Friday** 29/03 **Saturday** 30/03 **Sunday** 31/03

Dwars door Vlaanderen

Tour of Flanders

Time	Monday 25/03	Tuesday 26/03	Wednesday 27/03	Thursday 28/03	Friday 29/03	Saturday 30/03	Sunday 31/03
9:00 a.m.						Ardu Race Week 5 #1 Nukerke to Oudenaarde Flanders	Ardu Race Week 5 #1 Nukerke to Oudenaarde Flanders
10:00 a.m.							Classique #1 Nukerke to Kafhoek Flanders Belgium
11:00 a.m.		Recon Week 5 2.5W/kg #1 Melden to Paterberg	Classique 2.5W/kg #1 Nukerke to Kafhoek Flanders		Recon Week 5 2.5W/kg #1 Nukerke to Oudenaarde		Ardu 3W/kg #1 Nukerke to Oudenaarde Flanders
12:00 a.m.						Ardu Race Week 5 #2 Nukerke to Oudenaarde Flanders	Ardu Race Week 5 #2 Nukerke to Oudenaarde Flanders
1:00 p.m.	Ardu Race Week 5 #1 Melden to Paterberg Belgium		Ardu Race Week 5 #1 Melden to Paterberg Belgium	Ardu Race Week 5 #1 Melden to Paterberg Belgium			Classique #2 Nukerke to Kafhoek Flanders Belgium
2:00 p.m.			Classique #1 Diano Marina to Pantai Italy	Classique #1 Vincourt to Gruson France			
3:00 p.m.	Ardu Race Week 5 #2 Melden to Paterberg Belgium		Ardu Race Week 5 #2 Melden to Paterberg Belgium	Ardu Race Week 5 #2 Melden to Paterberg Belgium		Ardu Race Week 5 #3 Nukerke to Oudenaarde Flanders	Ardu Race Week 5 #3 Nukerke to Oudenaarde Flanders
4:00 p.m.							Classique #3 Nukerke to Kafhoek Flanders Belgium
5:00 p.m.	Ardu Race Week 5 #3 Melden to Paterberg Belgium		Ardu Race Week 5 #3 Melden to Paterberg Belgium	Ardu Race Week 5 #3 Melden to Paterberg Belgium			Ardu 3W/kg #2 Nukerke to Oudenaarde Flanders
6:00 p.m.			Classique #2 Diano Marina to Pantai Italy	Classique #2 Vincourt to Gruson France			
7:00 p.m.	Recon Week 5 2.5W/kg #2 Melden to Paterberg		Classique 2.5W/kg #2 Nukerke to Kafhoek Flanders		Recon Week 5 2.5W/kg #2 Nukerke to Oudenaarde		
8:00 p.m.							
9:00 p.m.							
10:00 p.m.	Ardu Race Week 5 #4 Melden to Paterberg Belgium		Ardu Race Week 5 #4 Melden to Paterberg Belgium	Ardu Race Week 5 #4 Melden to Paterberg Belgium			
11:00 p.m.			Classique #3 Diano Marina to Pantai Italy	Classique #3 Vincourt to Gruson France			

Ardu Classique Group Ride

KEEP GOING

SPRING INTO ACTION / WEEK 6

🕒 UTC Time

ROUVY



Monday 01/04

Tuesday 02/04

Wednesday 03/04

Thursday 04/04

Friday 05/04

Saturday 06/04

Sunday 07/04

Paris-Roubaix

	Monday 01/04	Tuesday 02/04	Wednesday 03/04	Thursday 04/04	Friday 05/04	Saturday 06/04	Sunday 07/04
9:00 a.m.						Ardu Race Week 6 #1 Vincourt to Gruson France	Ardu Race Week 6 #1 Vincourt to Gruson France
10:00 a.m.							Classique #1 Vincourt to Gruson France
11:00 a.m.	Recon Week 6 2.5W/kg #1 Compiègne to Roupy	Classique 2.5W/kg #1 Vincourt to Gruson France	Recon Week 6 2.5W/kg #1 Roupy to Busigny France		Recon Week 6 2.5W/kg #1 Vincourt to Gruson France		Ardu 3W/kg #1 Vincourt to Gruson France
12:00 a.m.						Ardu Race Week 6 #2 Vincourt to Gruson France	Ardu Race Week 6 #2 Vincourt to Gruson France
1:00 p.m.		Ardu Race Week 6 #1 Compiègne to Roupy France	Ardu Race Week 6 #1 Compiègne to Roupy France	Ardu Race Week 6 #1 Roupy to Busigny France	Ardu Race Week 6 #1 Roupy to Busigny France		Classique #2 Vincourt to Gruson France
2:00 p.m.		Classique #1 Nukerke to Oudenaarde Flanders		Classique #1 Ovada to Campo Ligure Italy			
3:00 p.m.		Ardu Race Week 6 #2 Compiègne to Roupy France	Ardu Race Week 6 #2 Compiègne to Roupy France	Ardu Race Week 6 #2 Roupy to Busigny France	Ardu Race Week 6 #2 Roupy to Busigny France	Ardu Race Week 6 #3 Vincourt to Gruson France	Ardu Race Week 6 #3 Vincourt to Gruson France
4:00 p.m.							Classique #3 Vincourt to Gruson France
5:00 p.m.		Ardu Race Week 6 #3 Compiègne to Roupy France	Ardu Race Week 6 #3 Compiègne to Roupy France	Ardu Race Week 6 #3 Roupy to Busigny France	Ardu Race Week 6 #3 Roupy to Busigny France		Ardu 3W/kg #2 Vincourt to Gruson France
6:00 p.m.		Classique #2 Nukerke to Oudenaarde Flanders		Classique #2 Ovada to Campo Ligure Italy			
7:00 p.m.		Classique 2.5W/kg #2 Vincourt to Gruson France	Recon Week 6 2.5W/kg #2 Roupy to Busigny France		Recon Week 6 2.5W/kg #2 Vincourt to Gruson France		
8:00 p.m.							
9:00 p.m.							
10:00 p.m.		Ardu Race Week 6 #4 Compiègne to Roupy France	Ardu Race Week 6 #4 Compiègne to Roupy France	Ardu Race Week 6 #4 Roupy to Busigny France	Ardu Race Week 6 #4 Roupy to Busigny France		
11:00 p.m.		Classique #3 Vincourt to Gruson France		Classique #3 Ovada to Campo Ligure Italy			

Ardu Classique Group Ride

KEEP GOING

SPRING INTO ACTION / WEEK 7

🕒 UTC Time

ROUVY



Monday 08/04

Tuesday 09/04

Wednesday 10/04

Thursday 11/04

Friday 12/04

Saturday 13/04

Sunday 14/04

Amstel Gold Race

	Monday 08/04	Tuesday 09/04	Wednesday 10/04	Thursday 11/04	Friday 12/04	Saturday 13/04	Sunday 14/04
9:00 a.m.						Ardu Race Week 7 #1 Eys to Vilt Netherlands	Ardu Race Week 7 #1 Eys to Vilt Netherlands
10:00 a.m.							Classique #1 Nukerke to Kafhoek Flanders Belgium
11:00 a.m.			Classique 2.5W/kg #1 Kerkgate to Michelbeke		Recon Week 7 2.5W/kg #1 Eys to Vilt Netherlands		Ardu 3W/kg #1 Eys to Vilt Netherlands
12:00 a.m.						Ardu Race Week 7 #2 Eys to Vilt Netherlands	Ardu Race Week 7 #2 Eys to Vilt Netherlands
1:00 p.m.	Ardu Race Week 7 #1 Compiègne to Roupy France	Ardu Race Week 7 #1 Roupy to Busigny France	Ardu Race Week 7 #1 Vincourt to Gruson France				Classique #2 Nukerke to Kafhoek Flanders Belgium
2:00 p.m.	Classique #1 Diano Marina to Pantai Italy			Classique #1 Nukerke to Kafhoek Flanders Belgium			
3:00 p.m.	Ardu Race Week 7 #2 Compiègne to Roupy France	Ardu Race Week 7 #2 Roupy to Busigny France	Ardu Race Week 7 #2 Vincourt to Gruson France			Ardu Race Week 7 #3 Eys to Vilt Netherlands	Ardu Race Week 7 #3 Eys to Vilt Netherlands
4:00 p.m.							Classique #3
5:00 p.m.	Ardu Race Week 7 #3 Compiègne to Roupy France	Ardu Race Week 7 #3 Roupy to Busigny France	Ardu Race Week 7 #3 Vincourt to Gruson France				Ardu 3W/kg #2 Eys to Vilt Netherlands
6:00 p.m.	Classique #2 Diano Marina to Pantai Italy			Classique #2 Nukerke to Kafhoek Flanders Belgium			
7:00 p.m.			Classique 2.5W/kg #2 Kerkgate to Michelbeke		Recon Week 7 2.5W/kg #2 Eys to Vilt Netherlands		
8:00 p.m.							
9:00 p.m.							
10:00 p.m.	Ardu Race Week 7 #4 Compiègne to Roupy France	Ardu Race Week 7 #4 Roupy to Busigny France	Ardu Race Week 7 #4 Vincourt to Gruson France				
11:00 p.m.	Classique #3 Diano Marina to Pantai Italy			Classique #3 Nukerke to Kafhoek Flanders Belgium			

Ardu
 Classique
 Group Ride

KEEP GOING

SPRING INTO ACTION / WEEK 8

🕒 UTC Time

ROUVY

🕒 **Monday** 15/04 **Tuesday** 16/04 **Wednesday** 17/04 **Thursday** 18/04 **Friday** 19/04 **Saturday** 20/04 **Sunday** 21/04

La Flèche Wallonne

La Flèche Wallonne

Time	Monday 15/04	Tuesday 16/04	Wednesday 17/04	Thursday 18/04	Friday 19/04	Saturday 20/04	Sunday 21/04
9:00 a.m.						Ardu Race Week 8 #1 Grand Halleux to Cour Belgium	Ardu Race Week 8 #1 Liege From Adrimont Belgium
10:00 a.m.							Classique #1 Vincourt to Gruson France
11:00 a.m.		Recon Week 8 2.5W/kg #1 Modave Belgium	Classique 2.5W/kg #1 Diano Marina to Pantai Italy		Recon Week 8 2.5W/kg #1 Grand Halleux to Cour	Recon Week 8 2.5W/kg #1 Liege From Adrimont	Ardu 3W/kg #1 Liege From Adrimont Belgium
12:00 a.m.						Ardu Race Week 8 #2 Grand Halleux to Cour Belgium	Ardu Race Week 8 #2 Liege From Adrimont Belgium
1:00 p.m.	Classique #1 Ovada to Campo Ligure Italy		Ardu Race Week 8 #1 Modave Belgium	Ardu Race Week 8 #1 Modave Belgium			Classique #2 Vincourt to Gruson France
2:00 p.m.			Classique #1 Ovada to Campo Ligure Italy	Classique #1 Nukerke to Kafhoek Flanders Belgium			
3:00 p.m.	Classique #2 Ovada to Campo Ligure Italy		Ardu Race Week 8 #2 Modave Belgium	Ardu Race Week 8 #2 Modave Belgium		Ardu Race Week 8 #3 Grand Halleux to Cour Belgium	Ardu Race Week 8 #3 Liege From Adrimont Belgium
4:00 p.m.							Classique #3 Vincourt to Gruson France
5:00 p.m.	Classique #3 Ovada to Campo Ligure Italy		Ardu Race Week 8 #3 Modave Belgium	Ardu Race Week 8 #3 Modave Belgium		Recon Week 8 2.5W/kg #2 Liege From Adrimont	Ardu 3W/kg #2 Liege From Adrimont Belgium
6:00 p.m.			Classique #2 Ovada to Campo Ligure Italy	Classique #2 Nukerke to Kafhoek Flanders Belgium			
7:00 p.m.	Recon Week 8 2.5W/kg #2 Modave Belgium		Classique 2.5W/kg #2 Diano Marina to Pantai Italy		Recon Week 8 2.5W/kg #2 Grand Halleux to Cour		
8:00 p.m.							
9:00 p.m.							
10:00 p.m.	Classique #4 Ovada to Campo Ligure Italy		Ardu Race Week 8 #4 Modave Belgium	Ardu Race Week 8 #4 Modave Belgium			
11:00 p.m.			Classique #3 Ovada to Campo Ligure Italy	Classique #3 Nukerke to Kafhoek Flanders Belgium			

Ardu Classique Group Ride

KEEP GOING