



Kursplan, gültig ab 10.07.2019

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00								07:00
07:10	Catch Me ** Quick Limits *** Short Cut (25 Min)		FunCruiser ** Born Strong * Short Cut (26 Min)					
07:37	All In One ** Short Cut (27 Min)		07:36 ShortSport ** Short Cut (26 Min)					
08:00	08:06 Build Fire ** Basic (55 Min)		08:04 Jump & Run ** Short Cut (26 Min)					08:00
08:32			08:32 Pants On Fire ** Short Cut (27 Min)					
09:00	09:03 Climb To The Max * Basic (49 Min)	09:10 Fullhand ** Basic (58 Min)	09:01 Four Blocks *** Extended (86 Min)	09:10 Tritop * Short Cut (31 Min)	09:10 Fullhand ** Basic (58 Min)	09:10 Sky's The Limit ** Short Cut (30 Min)	09:07 Long Way Home *** Extended (85 Min)	09:00
09:54	09:54 Burning Up ** Basic (53 Min)	10:10 Let's Do It * Short Cut (28 Min)		09:43 Jump & Run ** Short Cut (26 Min)		09:42 Fire ** Basic (56 Min)		10:00
10:49	10:49 Catch Me ** Short Cut (27 Min)	10:40 Work ** Short Cut (28 Min)	10:29 Burning Up ** Basic (53 Min)	10:11 Don't Stop ** Basic (54 Min)	10:10 Way Home ** Basic (58 Min)		10:34 Two Blocks *** Short Cut (26 Min)	11:00
11:18	11:18 Rough Cut ** Short Cut (28 Min)	11:10 Rise Strong ** Basic (56 Min)	11:24 Feel The Difference ** Basic (51 Min)	11:07 Open Roads ** Basic (50 Min)	11:10 Let's Do It * Short Cut (28 Min)	10:40 Overjoy ** Basic (56 Min)	11:02 Born Strong * Short Cut (26 Min)	11:00
11:48	11:48 Jump & Run ** Short Cut (26 Min)	12:08 Crash & Burn II *** Basic (52 Min)	12:17 Rough Cut ** Short Cut (28 Min)	11:59 Paceface *** Basic (51 Min)	11:40 Quick Limits *** Short Cut (25 Min)	11:38 Burning Up ** Basic (53 Min)	11:30 Overjoy ** Basic (56 Min)	12:00
12:16	12:16 Paceface *** Basic (51 Min)		12:47 Climb To The Max * Basic (49 Min)	12:52 Rough Ride ** Basic (52 Min)	12:07 Work ** Short Cut (28 Min)	12:33 Quick Limits *** Short Cut (25 Min)	12:28 Hillsides ** Basic (55 Min)	12:00
13:09	13:09 Pants On Fire ** Short Cut (27 Min)	13:02 Short Dance ** Short Cut (29 Min)	13:38 Hillsides ** Basic (55 Min)	13:46 Long Way Home *** Extended (85 Min)	12:37 Runtime ** Basic (54 Min)	13:00 Climb To The Max * Basic (49 Min)	13:25 All In * Short Cut (27 Min)	13:00
13:38	13:38 Runtime *** Basic (54 Min)	13:33 Open Roads ** Basic (50 Min)			13:33 Born Strong * Short Cut (26 Min)			14:00
14:34	14:34 Tritop * Short Cut (31 Min)	14:25 In The Red *** Extended (85 Min)	14:35 Tritop * Short Cut (31 Min)		14:01 Stay Strong ** Extended (86 Min)			14:00
15:07	15:07 Sky's The Limit ** Short Cut (30 Min)		15:08 More Than Cycling ** Basic (56 Min)	15:13 Let's Do It * Short Cut (28 Min)				15:00
15:39	15:39 Way Home ** Basic (58 Min)	15:52 Quick Ride ** Short Cut (27 Min)	16:06 Burning Up ** Basic (53 Min)	15:43 Build Fire ** Basic (55 Min)	15:29 More Than Cycling ** Basic (56 Min)			16:00
16:39	16:39 Short Dance ** Short Cut (29 Min)	16:21 Short Way Home * Short Cut (26 Min)		16:40 Short Dance ** Short Cut (29 Min)	16:27 Master Ride ** Extended (85 Min)			17:00
17:10	17:10 Overjoy ** Basic (56 Min)	16:49 Sky's The Limit ** Short Cut (30 Min)	17:01 Sky's The Limit ** Short Cut (30 Min)	17:11 Overjoy ** Basic (56 Min)				17:00
18:08	18:08 Stronger Faster Braver *** Extended (86 Min)	17:21 Don't Stop ** Basic (54 Min)	17:33 Build Fire ** Basic (55 Min)	18:09 Rough & Ready ** Extended (85 Min)	17:54 On Blast ** Extended (85 Min)			18:00
19:36	19:36 Quick Limits *** Short Cut (25 Min)	18:17 Keep The Pressure *** Extended (85 Min)	18:30 Work It Out *** Extended (84 Min)					19:00
20:03	20:03 ShortSport ** Short Cut (26 Min)	19:44 Fire ** Basic (56 Min)	19:56 Work It Out *** Extended (84 Min)	19:36 Crash & Burn II *** Basic (52 Min)	19:21 Crash & Burn II *** Basic (52 Min)			20:00
20:31	20:31 Quick Pressure ** Short Cut (26 Min)	20:42 Sky's The Limit ** Short Cut (30 Min)		20:30 Two Blocks *** Short Cut (26 Min)	20:15 ShortSport ** Short Cut (26 Min)			21:00
20:59	20:59 FunCruiser ** Short Cut (26 Min)			20:58 ShortSport ** Short Cut (26 Min)	20:43 Sky's The Limit ** Short Cut (30 Min)			21:00
22:00								22:00
23:00								23:00

Die CyberCycling Classes sind in 3 Technik-Level unterteilt, die farblich und durch Sternchen (*, ** oder ***) gekennzeichnet sind.

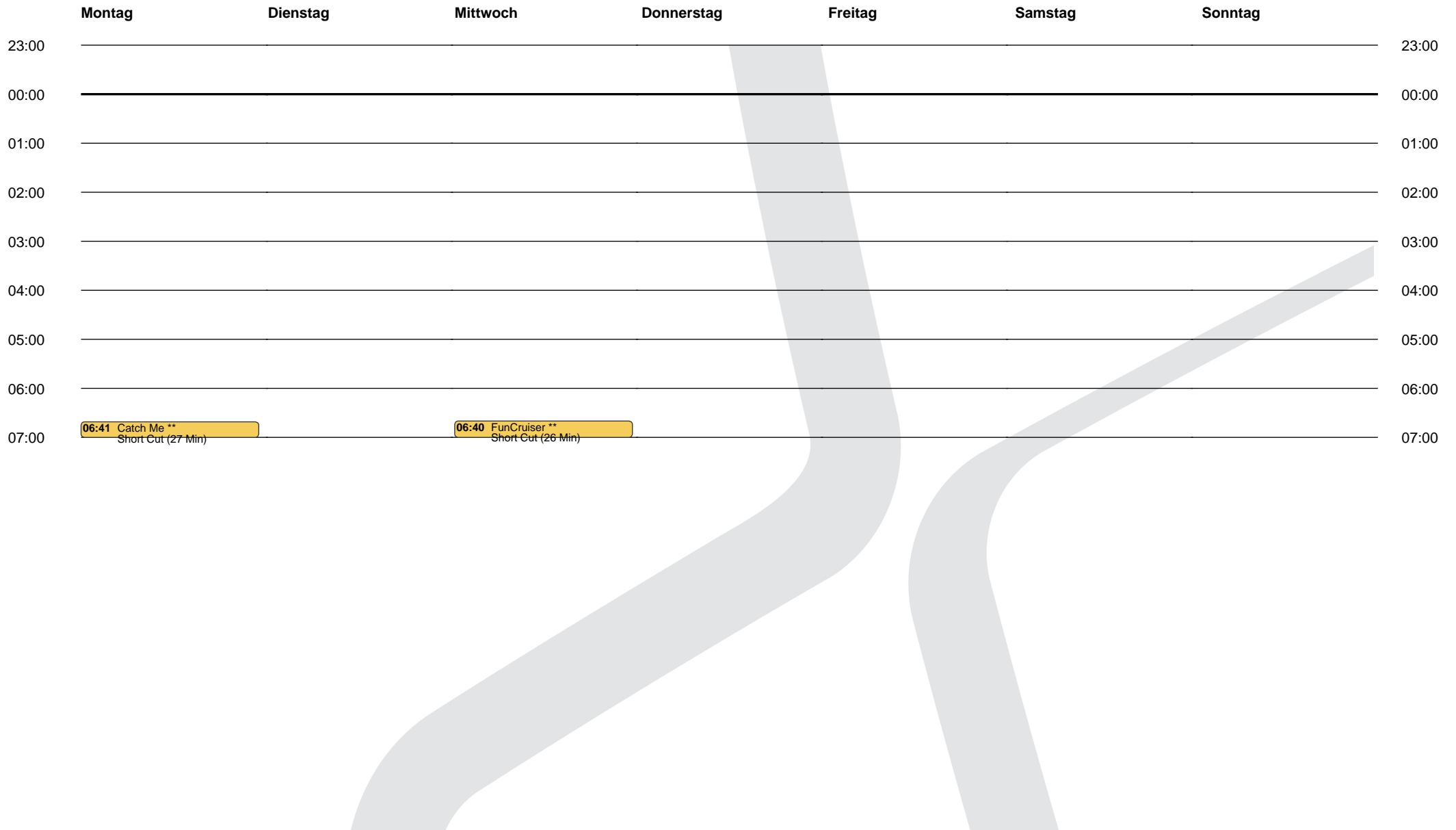
Level *: Anfänger/fortgeschrittene Anfänger

Level **: Fortgeschrittene

Level ***: hoher Anspruch auch für Fortgeschrittene



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