



## Kursplan, gültig ab 19.08.2019

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00	07:00 Short Way Home * Short Cut (26 Min)		07:00 ShortSport ** Short Cut (26 Min)		07:00 Sky's The Limit ** Short Cut (30 Min)			07:00
08:00	08:15 Rough Cut ** Short Cut (28 Min)		08:15 Catch Me ** Short Cut (27 Min)		08:15 Quick Pressure ** Short Cut (26 Min)			08:00
09:00	09:00 Speed Limits *** Basic (55 Min)	09:15 Fire ** Basic (56 Min)	09:00 Rise Strong ** Basic (56 Min)	09:15 Fullhand ** Basic (58 Min)	09:00 Overjoy ** Basic (56 Min)	09:15 Rough & Ready ** Extended (85 Min)	09:15 Burning Up ** Basic (53 Min)	09:00
10:00	10:15 2 Pack * Short Cut (28 Min)	10:15 Pants On Fire ** Short Cut (27 Min)	10:15 Work ** Short Cut (28 Min)	10:15 All In One ** Short Cut (27 Min)	10:15 Born Strong * Short Cut (26 Min)		10:15 Tritop * Short Cut (31 Min)	10:00
11:00	11:00 Build The Pressure ** Basic (57 Min)	11:00 Fullhand ** Basic (58 Min)	11:00 Hillsides ** Basic (55 Min)	11:00 Rise Strong ** Basic (56 Min)	11:00 Feel The Difference ** Basic (51 Min)	11:00 Riding The Waves *** Basic (52 Min)	11:00 Stronger Faster Braver *** Extended (86 Min)	11:00
12:00	12:05 Don't Stop ** Basic (54 Min)	12:05 Speed Limits *** Basic (55 Min)	12:05 More Than Cycling ** Basic (56 Min)	12:05 Runtime *** Basic (54 Min)	12:05 Rough Ride ** Basic (52 Min)	12:05 Way Home ** Basic (58 Min)	12:30 Mixed Ride ** Basic (55 Min)	12:00
13:00	13:15 Hillsides ** Basic (55 Min)	13:15 Rise Strong ** Basic (56 Min)	13:15 Fire ** Basic (56 Min)	13:15 Mixed Ride ** Basic (55 Min)	13:15 Open Roads ** Basic (50 Min)			13:00
14:00	14:30 Burning Up ** Basic (53 Min)	14:30 Open Roads ** Basic (50 Min)	14:30 Paceface *** Basic (51 Min)	14:30 Work It *** Basic (55 Min)	14:30 Riding The Waves *** Basic (52 Min)			14:00
15:00	15:30 Rough Ride ** Basic (52 Min)	15:30 Build Fire ** Basic (55 Min)	15:30 Burning Up ** Basic (53 Min)	15:30 Speed Limits *** Basic (55 Min)	15:30 Climb To The Max * Basic (49 Min)			15:00
16:00								16:00
17:00	17:00 Rise Strong ** Basic (56 Min)	17:00 Burning Up ** Basic (53 Min)	17:00 Fullhand ** Basic (58 Min)	17:00 High Roads ** Basic (52 Min)	17:00 Rise Strong ** Basic (56 Min)			17:00
18:00	18:15 Paceface *** Basic (51 Min)	18:15 Let's Do It * Short Cut (28 Min)	18:15 Build The Pressure ** Basic (57 Min)	18:15 All In One ** Short Cut (27 Min)	18:15 Speed Limits *** Basic (55 Min)			18:00
19:00	19:15 Build Fire ** Basic (55 Min)	18:45 Stay Strong ** Extended (86 Min)	19:15 Don't Stop ** Basic (54 Min)	18:45 Across The Borderline ** Extended (83 Min)	19:15 Burning Up ** Basic (53 Min)			19:00
20:00	20:15 Rise Strong ** Basic (56 Min)	20:15 Burning Up ** Basic (53 Min)	20:15 Fullhand ** Basic (58 Min)	20:15 High Roads ** Basic (52 Min)	20:15 Rise Strong ** Basic (56 Min)			20:00
21:00								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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