



Kursplan, gültig ab 22.10.2018

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00	07:00 Short Dance ** Short Cut (29 Min)		07:00 Pants On Fire ** Short Cut (27 Min)		07:00 FunCruiser ** Short Cut (26 Min)			07:00
08:00		08:15 Two Blocks *** Short Cut (26 Min)		08:15 Jump & Run ** Short Cut (26 Min)		08:15 Tritop * Short Cut (31 Min)		08:00
09:00	09:15 Speed Blocks *** Basic (55 Min)	09:15 Fire ** Basic (56 Min)	09:15 Fullhand ** Basic (58 Min)	09:15 Mixed Ride ** Basic (55 Min)	09:15 Mixed Ride ** Basic (55 Min)	09:15 Four Blocks *** Extended (86 Min)	09:15 Way Home ** Basic (58 Min)	09:00
10:00	10:15 Rough Cut ** Short Cut (28 Min)	10:15 Tritop * Short Cut (31 Min)	10:15 Quick Ride ** Short Cut (27 Min)	10:15 FunCruiser ** Short Cut (26 Min)	10:15 2 Pack * Short Cut (28 Min)		10:15 QuickMix ** Short Cut (27 Min)	10:00
11:00	11:00 Work It *** Basic (55 Min)	11:00 Don't Stop ** Basic (54 Min)	11:00 High Roads ** Basic (52 Min)	11:00 Burning Up ** Basic (53 Min)	11:00 Mixed Ride ** Basic (55 Min)	11:00 Work It *** Basic (55 Min)	11:00 Rough & Ready ** Extended (85 Min)	11:00
12:00	12:05 Mixed Ride ** Basic (55 Min)	12:05 Work It *** Basic (55 Min)	12:05 More Than Cycling ** Basic (56 Min)	12:05 Fire ** Basic (56 Min)	12:05 Way Home ** Basic (58 Min)	12:05 Open Roads ** Basic (50 Min)		12:00
13:00	13:15 Overjoy ** Basic (56 Min)	13:15 Fire ** Basic (56 Min)	13:15 Speed Limits *** Basic (55 Min)	13:15 Build Fire ** Basic (55 Min)	13:15 Speed Blocks *** Basic (55 Min)			13:00
14:00	14:30 Crash & Burn II *** Basic (52 Min)	14:30 Speed Blocks *** Basic (55 Min)	14:30 Build The Pressure ** Basic (57 Min)	14:30 Fullhand ** Basic (58 Min)	14:30 Riding The Waves *** Basic (52 Min)			14:00
15:00	15:30 More Than Cycling ** Basic (56 Min)	15:30 Burning Up ** Basic (53 Min)	15:30 Way Home ** Basic (58 Min)	15:30 Open Roads ** Basic (50 Min)	15:30 Rough Ride ** Basic (52 Min)			15:00
16:00								16:00
17:00	17:00 Paceface *** Basic (51 Min)	17:00 Rough Ride ** Basic (52 Min)	17:00 Speed Blocks *** Basic (55 Min)	17:00 Overjoy ** Basic (56 Min)	17:00 Speed Limits *** Basic (55 Min)			17:00
18:00	18:15 Hillsides ** Basic (55 Min)	18:15 High Roads ** Basic (52 Min)	18:15 Mixed Ride ** Basic (55 Min)	18:15 Runtime *** Basic (54 Min)	18:15 Don't Stop ** Basic (54 Min)			18:00
19:00	19:15 Burning Up ** Basic (53 Min)	19:15 Speed Blocks *** Basic (55 Min)	19:15 Crash & Burn II *** Basic (52 Min)	19:15 Way Home ** Basic (58 Min)	19:15 More Than Cycling ** Basic (56 Min)			19:00
20:00	20:15 Paceface *** Basic (51 Min)	20:15 Rough Ride ** Basic (52 Min)	20:15 Speed Blocks *** Basic (55 Min)	20:15 Overjoy ** Basic (56 Min)	20:15 Speed Limits *** Basic (55 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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