



Kursplan, gültig ab 11.12.2018

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00	Build Fire ** Basic (55 Min)		Build The Pressure ** Basic (57 Min)					07:00
08:00	07:38 Quick Ride ** Short Cut (27 Min)		07:41 Two Blocks *** Short Cut (26 Min)					08:00
	08:08 High Roads ** Basic (52 Min)		08:11 Runtime *** Basic (54 Min)					
09:00	09:04 Speed Limits *** Basic (55 Min)	09:15 Hillsides ** Basic (55 Min)	09:09 Keep The Pressure *** Extended (85 Min)	09:15 Build Fire ** Basic (55 Min)	09:15 More Than Cycling ** Basic (56 Min)	09:15 Pants On Fire ** Short Cut (27 Min)	09:15 JoyRider ** Extended (84 Min)	09:00
10:00	10:03 Work ** Short Cut (28 Min)	10:14 Jump & Run ** Short Cut (26 Min)		10:14 Sky's The Limit ** Short Cut (30 Min)	10:15 Build Fire ** Basic (55 Min)	09:46 Don't Stop ** Basic (54 Min)		10:00
	10:35 Build Fire ** Basic (55 Min)	10:44 FunCruiser ** Short Cut (26 Min)	10:38 Climb To The Max * Basic (49 Min)	10:48 Climb To The Max * Basic (49 Min)		10:45 Overjoy ** Basic (56 Min)	10:41 All In One ** Short Cut (27 Min)	11:00
	11:34 FunCruiser ** Short Cut (26 Min)	11:14 Climb To The Max * Basic (49 Min)	11:28 Quick Limits *** Short Cut (25 Min)	11:41 Build The Pressure ** Basic (57 Min)	11:14 Runtime *** Basic (54 Min)	11:45 Paceface *** Basic (51 Min)	11:13 Overjoy ** Basic (56 Min)	12:00
12:00	12:04 Way Home ** Basic (58 Min)	12:07 More Than Cycling ** Basic (56 Min)	12:00 Speed Blocks *** Basic (55 Min)		12:12 Runtime *** Basic (54 Min)		12:13 Stroking Limits *** Extended (84 Min)	12:00
13:00	13:06 Pants On Fire ** Short Cut (27 Min)	13:07 Pants On Fire ** Short Cut (27 Min)	12:59 Riding The Waves *** Basic (52 Min)	12:42 Two Blocks *** Short Cut (26 Min)		12:40 Speed Limits *** Basic (55 Min)		13:00
	13:37 Work It *** Basic (55 Min)	13:38 Sevenup ** Extended (83 Min)	13:56 Raise It Up ** Extended (87 Min)	13:12 In The Red *** Extended (85 Min)	13:11 Catch Me ** Short Cut (27 Min)			14:00
	14:36 Work ** Short Cut (28 Min)			14:41 Way Home ** Basic (58 Min)	13:44 JoyRider ** Extended (84 Min)			15:00
15:00	15:08 Build The Pressure ** Basic (57 Min)	15:05 Quick Ride ** Short Cut (27 Min)	15:27 Four Blocks *** Extended (86 Min)	15:42 Crash & Burn II *** Basic (52 Min)	15:12 Master Ride ** Extended (85 Min)			15:00
16:00	16:09 Don't Stop ** Basic (54 Min)	15:36 Fire ** Basic (56 Min)						16:00
		16:36 Short Dance ** Short Cut (29 Min)		16:40 Sky's The Limit ** Short Cut (30 Min)	16:41 Two Blocks *** Short Cut (26 Min)			17:00
17:00	17:07 QuickMix ** Short Cut (27 Min)	17:09 More Than Cycling ** Basic (56 Min)	16:57 Quick Limits *** Short Cut (25 Min)	17:15 Overjoy ** Basic (56 Min)	17:11 Paceface *** Basic (51 Min)			17:00
	17:38 Overjoy ** Basic (56 Min)	18:09 Paceface *** Basic (51 Min)	17:26 Work It *** Basic (55 Min)					18:00
	18:38 Quick Limits *** Short Cut (25 Min)		18:25 Quick Limits *** Short Cut (25 Min)	18:15 Master Ride ** Extended (85 Min)	18:06 Open Roads ** Basic (50 Min)			19:00
19:00	19:07 Stronger Faster Braver *** Extended (86 Min)	19:04 Sevenup ** Extended (83 Min)	18:54 Rough & Ready ** Extended (85 Min)		19:00 In The Red *** Extended (85 Min)			19:00
20:00				19:44 Fullhand ** Basic (58 Min)				20:00
21:00	20:40 Work ** Short Cut (28 Min)	20:29 Build Fire ** Basic (55 Min)	20:21 Burning Up ** Basic (53 Min)	20:44 Let's Do It * Short Cut (28 Min)	20:30 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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