



Kursplan, gültig ab 22.04.2019

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		07:00 All In One ** Short Cut (27 Min)		07:00 Tritop * Short Cut (31 Min)		
		08:15 ShortSport ** Short Cut (26 Min)		08:15 All In One ** Short Cut (27 Min)		
09:15 Paceface *** Basic (51 Min)	09:15 Speed Blocks *** Basic (55 Min)	09:00 Riding The Waves *** Basic (52 Min)	09:15 Work It *** Basic (55 Min)	09:00 Crash & Burn II *** Basic (52 Min)	09:15 Rough & Ready ** Extended (85 Min)	09:15 More Than Cycling ** Basic (56 Min)
10:15 2 Pack * Short Cut (28 Min)	10:15 FunCruiser ** Short Cut (26 Min)	10:15 Born Strong * Short Cut (26 Min)	10:15 Rough Cut ** Short Cut (28 Min)	10:15 Short Way Home * Short Cut (26 Min)		10:15 Let's Do It * Short Cut (28 Min)
11:00 Stoking Limits *** Extended (84 Min)	11:00 Work It *** Basic (55 Min)	11:00 Hillsides ** Basic (55 Min)	11:00 Overjoy ** Basic (56 Min)	11:00 Rise Strong ** Basic (56 Min)	11:00 Build The Pressure ** Basic (57 Min)	11:00 Sevenup ** Extended (83 Min)
12:30 Rise Strong ** Basic (56 Min)	12:05 Crash & Burn II *** Basic (52 Min)	12:05 Build The Pressure ** Basic (57 Min)	12:05 Fullhand ** Basic (58 Min)	12:05 Rough Ride ** Basic (52 Min)	12:05 Way Home ** Basic (58 Min)	12:30 Rise Strong ** Basic (56 Min)
	13:15 More Than Cycling ** Basic (56 Min)	13:15 Way Home ** Basic (58 Min)	13:15 Build The Pressure ** Basic (57 Min)	13:15 Climb To The Max * Basic (49 Min)		
	14:30 Climb To The Max * Basic (49 Min)	14:30 Paceface *** Basic (51 Min)	14:30 Build Fire ** Basic (55 Min)	14:30 Riding The Waves *** Basic (52 Min)		
	15:30 Rise Strong ** Basic (56 Min)	15:30 Mixed Ride ** Basic (55 Min)	15:30 Hillsides ** Basic (55 Min)	15:30 Build Fire ** Basic (55 Min)		
	17:00 Work It *** Basic (55 Min)	17:00 Overjoy ** Basic (56 Min)	17:00 High Roads ** Basic (52 Min)	17:00 Runtime *** Basic (54 Min)		
	18:15 Catch Me ** Short Cut (27 Min)	18:15 Fire ** Basic (56 Min)	18:15 Let's Do It * Short Cut (28 Min)	18:15 More Than Cycling ** Basic (56 Min)		
	18:45 Keep The Pressure *** Extended (85 Min)	19:15 Fullhand ** Basic (58 Min)	18:45 In The Red *** Extended (85 Min)	19:15 Overjoy ** Basic (56 Min)		
	20:15 Work It *** Basic (55 Min)	20:15 Overjoy ** Basic (56 Min)	20:15 High Roads ** Basic (52 Min)	20:15 Runtime *** Basic (54 Min)		

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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