



Kursplan, gültig ab 29.04.2019

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00	07:00 Let's Do It * Short Cut (28 Min)		07:00 Short Way Home * Short Cut (26 Min)		07:00 Short Dance ** Short Cut (29 Min)			07:00
08:00	08:15 Tritop * Short Cut (31 Min)		08:15 2 Pack * Short Cut (28 Min)		08:15 Rough Cut ** Short Cut (28 Min)			08:00
09:00	09:00 More Than Cycling ** Basic (56 Min)	09:15 Open Roads ** Basic (50 Min)	09:00 Rise Strong ** Basic (56 Min)	09:15 Fire ** Basic (56 Min)	09:00 Runtime *** Basic (54 Min)	09:15 Stay Strong ** Extended (86 Min)	09:15 Build Fire ** Basic (55 Min)	09:00
10:00	10:15 QuickMix ** Short Cut (27 Min)	10:15 Two Blocks *** Short Cut (26 Min)	10:15 Pants On Fire ** Short Cut (27 Min)	10:15 All In One ** Short Cut (27 Min)	10:15 Sky's The Limit ** Short Cut (30 Min)		10:15 QuickMix ** Short Cut (27 Min)	10:00
11:00	11:00 Fire ** Basic (56 Min)	11:00 Build The Pressure ** Basic (57 Min)	11:00 High Roads ** Basic (52 Min)	11:00 Open Roads ** Basic (50 Min)	11:00 Overjoy ** Basic (56 Min)	11:00 Don't Stop ** Basic (54 Min)	11:00 Raise It Up ** Extended (87 Min)	11:00
12:00	12:05 Speed Blocks *** Basic (55 Min)	12:05 Rise Strong ** Basic (56 Min)	12:05 Mixed Ride ** Basic (55 Min)	12:05 High Roads ** Basic (52 Min)	12:05 More Than Cycling ** Basic (56 Min)	12:05 Fullhand ** Basic (58 Min)		12:00
13:00	13:15 Fullhand ** Basic (58 Min)	13:15 Crash & Burn II *** Basic (52 Min)	13:15 Build The Pressure ** Basic (57 Min)	13:15 Mixed Ride ** Basic (55 Min)	13:15 Fullhand ** Basic (58 Min)		12:30 Speed Limits *** Basic (55 Min)	13:00
14:00	14:30 Paceface *** Basic (51 Min)	14:30 Don't Stop ** Basic (54 Min)	14:30 Fullhand ** Basic (58 Min)	14:30 Speed Limits *** Basic (55 Min)	14:30 Rise Strong ** Basic (56 Min)			14:00
15:00	15:30 High Roads ** Basic (52 Min)	15:30 Way Home ** Basic (58 Min)	15:30 Rough Ride ** Basic (52 Min)	15:30 Runtime *** Basic (54 Min)	15:30 Paceface *** Basic (51 Min)			15:00
16:00								16:00
17:00	17:00 Runtime *** Basic (54 Min)	17:00 Rise Strong ** Basic (56 Min)	17:00 Riding The Waves *** Basic (52 Min)	17:00 Way Home ** Basic (58 Min)	17:00 More Than Cycling ** Basic (56 Min)			17:00
18:00	18:15 Way Home ** Basic (58 Min)	18:15 ShortSport ** Short Cut (26 Min)	18:15 Burning Up ** Basic (53 Min)	18:15 All In One ** Short Cut (27 Min)	18:15 Rough Ride ** Basic (52 Min)			18:00
19:00	19:15 Mixed Ride ** Basic (55 Min)	18:45 Work It Out *** Extended (84 Min)	19:15 Way Home ** Basic (58 Min)	18:45 Stay Strong ** Extended (86 Min)	19:15 Speed Limits *** Basic (55 Min)			19:00
20:00	20:15 Runtime *** Basic (54 Min)	20:15 Rise Strong ** Basic (56 Min)	20:15 Riding The Waves *** Basic (52 Min)	20:15 Way Home ** Basic (58 Min)	20:15 More Than Cycling ** 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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