



Kursplan, gültig ab 10.01.2020

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00	07:00 All In One ** Short Cut (27 Min)	Build Fire ** 07:15 All In * Short Cut (27 Min)	07:00 Climb To The Max * Basic (49 Min)	07:10 Paceface *** Basic (30 Min) Short Cut (26 Min)	07:00 Mixed Ride ** Basic (55 Min)	Fullhand ** 07:15 ShortSport ** Short Cut (26 Min)		07:00
08:00	07:30 Quick Pressure ** Short Cut (26 Min)	08:00 Overjoy ** Basic (56 Min)	08:00 Two Blocks *** Short Cut (26 Min)	07:45 Feel The Difference ** Basic (51 Min)	08:00 Catch Me ** Short Cut (27 Min)	08:00 Burning Up ** Basic (53 Min)	08:10 Open Roads ** Basic (50 Min)	08:00
09:00	08:15 Sky's The Limit ** Short Cut (30 Min)	09:00 Climb To The Max * Basic (49 Min)	08:30 Quick Limits *** Short Cut (25 Min)	09:00 Work ** Short Cut (28 Min)	08:30 Sevenup ** Extended (83 Min)	09:15 Jump & Run ** Short Cut (26 Min)	09:15 Work ** Short Cut (28 Min)	09:00
10:00	09:00 Build Fire ** Basic (55 Min)	10:15 All In One ** Short Cut (27 Min)	09:00 Master Ride ** Extended (85 Min)	09:30 All In One ** Short Cut (27 Min)	10:00 Let's Do It * Short Cut (28 Min)	10:00 Raise It Up ** Extended (87 Min)	10:00 Build Fire ** Basic (55 Min)	10:00
11:00	10:15 Pants On Fire ** Short Cut (27 Min)	11:00 Build The Pressure ** Basic (57 Min)	11:00 Hillsides ** Basic (55 Min)	10:00 Overjoy ** Basic (56 Min)	10:30 Burning Up ** Basic (53 Min)	11:30 High Roads ** Basic (52 Min)	11:00 Quick Limits *** Short Cut (25 Min)	11:00
12:00	11:00 Mixed Ride ** Basic (55 Min)	12:10 High Roads ** Basic (52 Min)	12:10 Fire ** Basic (56 Min)	11:00 Climb To The Max * Basic (49 Min)	11:30 Born Strong * Short Cut (26 Min)	12:30 Two Blocks *** Short Cut (26 Min)	11:30 Fullhand ** Basic (58 Min)	12:00
13:00	12:10 Burning Up ** Basic (53 Min)	13:15 Crash & Burn II *** Basic (52 Min)	13:15 Rough Cut ** Short Cut (28 Min)	12:10 Riding The Waves *** Basic (52 Min)	12:10 More Than Cycling ** Basic (56 Min)	13:00 Speed Limits *** Basic (55 Min)	12:30 Burning Up ** Basic (53 Min)	13:00
14:00	13:15 Work It *** Basic (55 Min)	14:30 Quick Ride ** Short Cut (27 Min)	14:00 Let's Do It * Short Cut (28 Min)	13:15 Way Home ** Basic (58 Min)	13:15 Overjoy ** Basic (56 Min)	14:00 In The Red *** Extended (85 Min)	13:30 Feel The Difference ** Basic (51 Min)	14:00
15:00	14:30 Work ** Short Cut (28 Min)	15:15 Build Fire ** Basic (55 Min)	14:30 Runtime *** Basic (54 Min)	14:30 QuickMix ** Short Cut (27 Min)	14:30 Catch Me ** Short Cut (27 Min)	15:30 Climb To The Max * Basic (49 Min)	14:30 Sky's The Limit ** Short Cut (30 Min)	15:00
16:00	15:15 Build The Pressure ** Basic (57 Min)	16:30 Catch Me ** Short Cut (27 Min)	15:30 Rough Ride ** Basic (52 Min)	15:15 Fullhand ** Basic (58 Min)	15:15 Runtime *** Basic (54 Min)	16:30 Born Strong * Short Cut (26 Min)	15:15 Roll With Me Long *** Extended (85 Min)	16:00
17:00	16:30 2 Pack * Short Cut (28 Min)	17:00 Mixed Ride ** Basic (55 Min)	16:30 Work ** Short Cut (28 Min)	16:15 All In One ** Short Cut (27 Min)	16:30 2 Pack * Short Cut (28 Min)	17:00 More Than Cycling ** Basic (56 Min)	17:00 Short Dance ** Short Cut (29 Min)	17:00
18:00	17:00 Fullhand ** Basic (58 Min)	18:15 All Terrain Ride ** Extended (85 Min)	17:00 Speed Limits *** Basic (55 Min)	17:00 High Roads ** Basic (52 Min)	17:00 Crash & Burn II *** Basic (52 Min)	18:00 Rough Cut ** Short Cut (28 Min)	17:45 High Roads ** Basic (52 Min)	18:00
19:00	18:15 Rise Strong ** Basic (56 Min)	19:45 Paceface *** Basic (51 Min)	18:15 More Than Cycling ** Basic (56 Min)	18:15 On Blast ** Extended (85 Min)	18:15 Quick Ride ** Short Cut (27 Min)	18:45 Build Fire ** Basic (55 Min)	18:45 Tritop * Short Cut (31 Min)	19:00
20:00	19:15 Short Way Home * Short Cut (26 Min)	20:45 FunCruiser ** Short Cut (26 Min)	19:15 Crash & Burn II *** Basic (52 Min)	19:45 Don't Stop ** Basic (54 Min)	19:00 Stroking Limits *** Extended (84 Min)	19:20 Born Strong * Short Cut (26 Min)		20:00
21:00	20:00 Fire ** Basic (56 Min)	21:30 High Roads ** Basic (52 Min)	20:15 ShortSport ** Short Cut (26 Min)	20:45 Let's Do It * Short Cut (28 Min)	20:30 FunCruiser ** Short Cut (26 Min)			21:00
22:00	21:00 QuickMix ** Short Cut (27 Min)		20:45 Quick Pressure ** Short Cut (26 Min)	21:30 Way Home ** Basic (58 Min)	21:00 Across The Borderline ** Extended (83 Min)			22:00
23:00	21:30 Riding The Waves *** Basic (52 Min)		21:30 Roll With Me *** Basic (54 Min)					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



Kursplan, gültig ab 10.01.2020

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
23:00								23:00
00:00								00:00
01:00								01:00
02:00								02:00
03:00								03:00
04:00								04:00
05:00								05:00
06:00	06:10 Sky's The Limit ** Short Cut (30 Min)	06:10 Build Fire ** Basic (55 Min)	06:10 Let's Do It * Short Cut (28 Min)	06:10 Paceface *** Basic (51 Min)	06:10 Short Dance ** Short Cut (29 Min)	06:10 Fullhand ** Basic (58 Min)		06:00
07:00								07:00

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