



# Kursplan, gültig ab 31.01.2020

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00								07:00
07:10	Catch Me ** Quick Limits *** Short Cut (25 Min)	Work It Out *** Extended (84 Min)	07:08 All In * Short Sport ** Short Cut (26 Min)	Triton * Two Blocks *** Short Cut (26 Min)	Raise It Up ** Extended (87 Min)			
08:00	07:37 All In One ** Short Cut (27 Min)	07:36 Born Strong * Short Cut (26 Min)	07:36 ShortSport ** Short Cut (26 Min)	07:39 More Than Cycling ** Basic (56 Min)	07:39 Jump & Run ** Short Cut (26 Min)			08:00
08:06	08:06 Build Fire ** Basic (55 Min)	08:05 Build The Pressure ** Basic (57 Min)	08:04 Jump & Run ** Short Cut (26 Min)		08:07 Work ** Short Cut (28 Min)		08:06 Way Home ** Basic (58 Min)	
09:00	09:03 Climb To The Max * Basic (49 Min)	09:05 Fullhand ** Basic (58 Min)	09:01 Four Blocks *** Extended (86 Min)	09:10 Tritop * Short Cut (31 Min)	09:10 Fullhand ** Basic (58 Min)	08:35 All In One ** Short Cut (27 Min)	09:07 Long Way Home *** Extended (85 Min)	09:00
10:00	09:54 Burning Up ** Basic (53 Min)	10:10 Let's Do It * Short Cut (28 Min)		09:43 Jump & Run ** Short Cut (26 Min)		09:42 Fire ** Basic (56 Min)		10:00
11:00	10:49 Catch Me ** Short Cut (27 Min)	10:40 Work ** Short Cut (28 Min)	10:29 Burning Up ** Basic (53 Min)	11:07 Open Roads ** Basic (50 Min)	11:10 Let's Do It * Short Cut (28 Min)	10:40 Overjoy ** Basic (56 Min)	10:34 Two Blocks *** Short Cut (26 Min)	11:00
11:18	11:18 Rough Cut ** Short Cut (28 Min)	11:10 Rise Strong ** Basic (56 Min)	11:24 Feel The Difference ** Basic (51 Min)		11:40 Quick Limits *** Short Cut (25 Min)	11:38 Burning Up ** Basic (53 Min)	11:02 Born Strong * Short Cut (26 Min)	11:10
12:00	11:48 Jump & Run ** Short Cut (26 Min)	12:08 Crash & Burn II *** Basic (52 Min)	12:17 Rough Cut ** Short Cut (28 Min)	11:59 Paceface *** Basic (51 Min)	12:07 Work ** Short Cut (28 Min)		11:30 Overjoy ** Basic (56 Min)	12:00
12:16	12:16 Paceface *** Basic (51 Min)		12:47 Climb To The Max * Basic (49 Min)	12:52 Rough Ride ** Basic (52 Min)	12:37 Runtime *** Basic (54 Min)	12:33 Quick Limits *** Short Cut (25 Min)	12:28 Hillsides ** Basic (55 Min)	12:00
13:00	13:09 Pants On Fire ** Short Cut (27 Min)	13:02 Short Dance ** Short Cut (29 Min)	13:38 Hillsides ** Basic (55 Min)		13:33 Born Strong * Short Cut (26 Min)	13:00 Climb To The Max * Basic (49 Min)	13:25 All In * Short Cut (27 Min)	13:00
14:00	13:38 Runtime *** Basic (54 Min)	13:33 Open Roads ** Basic (50 Min)		13:46 Long Way Home *** Extended (85 Min)	14:01 Stay Strong ** Extended (86 Min)	13:51 Stronger Faster Braver *** Extended (86 Min)	13:54 Stroking Limits *** Extended (84 Min)	14:00
15:00	14:34 Tritop * Short Cut (31 Min)	14:25 In The Red *** Extended (85 Min)	14:35 Tritop * Short Cut (31 Min)					15:00
15:07	15:07 Sky's The Limit ** Short Cut (30 Min)		15:08 More Than Cycling ** Basic (56 Min)	15:13 Let's Do It * Short Cut (28 Min)	15:29 More Than Cycling ** Basic (56 Min)	15:19 Riding The Waves *** Basic (52 Min)	15:20 Open Roads ** Basic (50 Min)	15:00
16:00	15:39 Way Home ** Basic (58 Min)	15:52 Quick Ride ** Short Cut (27 Min)	16:06 Burning Up ** Basic (53 Min)	15:43 Build Fire ** Basic (55 Min)		16:13 Two Blocks *** Short Cut (26 Min)	16:12 Long Way Home *** Extended (85 Min)	16:00
17:00	16:39 Short Dance ** Short Cut (29 Min)	16:21 Short Way Home * Short Cut (26 Min)		16:40 Short Dance ** Short Cut (29 Min)	16:27 Master Ride ** Extended (85 Min)	16:41 ShortSport ** Short Cut (26 Min)		17:00
17:10	17:10 Overjoy ** Basic (56 Min)	16:49 Sky's The Limit ** Short Cut (30 Min)	17:01 Roll With Me Quick *** Short Cut (24 Min)	17:11 Overjoy ** Basic (56 Min)		17:09 Way Home ** Basic (58 Min)		17:00
18:00		17:21 Don't Stop ** Basic (54 Min)	17:30 Sky's The Limit ** Short Cut (30 Min)		17:54 On Blast ** Extended (85 Min)		17:39 Let's Do It * Short Cut (28 Min)	18:00
18:08	18:08 Stronger Faster Braver *** Extended (86 Min)	18:17 Keep The Pressure *** Extended (85 Min)	18:03 Work It Out *** Extended (84 Min)	18:09 Rough & Ready ** Extended (85 Min)		18:09 Short Dance ** Short Cut (29 Min)	18:09 Build The Pressure ** Basic (57 Min)	18:00
19:00						18:40 Jump & Run ** Short Cut (26 Min)		19:00
20:00	19:36 Quick Limits *** Short Cut (25 Min)	19:44 Fire ** Basic (56 Min)	19:29 Build Fire ** Basic (55 Min)	19:36 Crash & Burn II *** Basic (52 Min)	19:21 Crash & Burn II *** Basic (52 Min)			20:00
20:03	20:03 ShortSport ** Short Cut (26 Min)				20:15 ShortSport ** Short Cut (26 Min)			20:00
20:31	20:31 Quick Pressure ** Short Cut (26 Min)	20:42 Sky's The Limit ** Short Cut (30 Min)	20:26 Rough Ride ** Basic (52 Min)	20:30 Two Blocks *** Short Cut (26 Min)	20:43 Sky's The Limit ** Short Cut (30 Min)			21:00
20:59	20:59 FunCruiser ** Short Cut (26 Min)			20:58 ShortSport ** Short Cut (26 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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	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	<b>06:10</b> Short Way Home * Short Cut (26 Min)	<b>06:10</b> Work It Out *** Extended (84 Min)	<b>06:02</b> Tritop * Short Cut (31 Min)	<b>06:10</b> Born Strong * Short Cut (26 Min)	<b>06:10</b> Raise It Up ** Extended (87 Min)		06:00
07:00	<b>06:41</b> Catch Me ** Short Cut (27 Min)		<b>06:35</b> All In * Short Cut (27 Min)	<b>06:38</b> Tritop * Short Cut (31 Min)			07:00

Die CyberCycling Classes sind in 3 Technik-Level unterteilt, die farblich und durch Sternchen (\*, \*\* oder \*\*\*) gekennzeichnet sind.

Level \*: Anfänger/fortgeschrittene Anfänger

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