



Kursplan, gültig ab 15.04.2024

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00								07:00
08:00								08:00
09:00	09:00 Build The Pressure ** Basic (57 Min)	09:00 Way Home ** Basic (58 Min)	09:00 Mixed Ride ** Basic (55 Min)	09:00 High Roads ** Basic (52 Min)	09:00 Work It *** Basic (55 Min)	09:00 Fullhand ** Basic (58 Min)	09:00 Open Roads ** Basic (50 Min)	09:00
10:00	10:15 Roll With Me Quick *** Short Cut (24 Min)	10:15 Two Blocks *** Short Cut (26 Min)	10:15 Sky's The Limit ** Short Cut (30 Min)	10:15 Work ** Short Cut (28 Min)	10:15 Tritop * Short Cut (31 Min)	10:15 Raise It Up ** Extended (87 Min)	10:15 Roll With Me Long *** Extended (85 Min)	10:00
11:00	11:00 Fire ** Basic (56 Min)	11:00 Rise Strong ** Basic (56 Min)	11:00 Warrior 02 * Basic (55 Min)	11:00 Build Fire ** Basic (55 Min)	11:00 More Than Cycling ** Basic (56 Min)			11:00
12:00	12:05 Gallischer Ride *** Basic (57 Min)	12:05 The Dark Side Of Climbing ** Basic (58 Min)	12:05 Deep Motion ** Basic (55 Min)	12:05 Warrior 01 * Basic (54 Min)	12:05 Build Fire ** Basic (55 Min)	12:05 Don't Stop ** Basic (54 Min)	12:05 Fullhand ** Basic (58 Min)	12:00
13:00	13:15 Open Roads ** Basic (50 Min)	13:15 Build The Pressure ** Basic (57 Min)	13:15 Feel The Difference ** Basic (51 Min)	13:15 Don't Stop ** Basic (54 Min)	13:15 Speed Limits *** Basic (55 Min)	13:15 Runtime *** Basic (54 Min)	13:15 The Dark Side Of Climbing ** Basic (58 Min)	13:00
14:00	14:30 Fullhand ** Basic (58 Min)	14:30 Roll With Me *** Basic (54 Min)	14:30 Open Roads ** Basic (50 Min)	14:30 Way Home ** Basic (58 Min)	14:30 Don't Stop ** Basic (54 Min)	14:30 Open Roads ** Basic (50 Min)	14:30 Overjoy ** Basic (56 Min)	14:00
15:00	15:30 Mixed Ride ** Basic (55 Min)	15:30 Speed Limits *** Basic (55 Min)	15:30 Runtime *** Basic (54 Min)	15:30 Overjoy ** Basic (56 Min)	15:30 Rough Ride ** Basic (52 Min)	15:30 Way Home ** Basic (58 Min)	15:30 All Terrain Ride ** Extended (85 Min)	15:00
16:00								16:00
17:00	17:00 High Roads ** Basic (52 Min)	17:00 Burning Up ** Basic (53 Min)	17:00 Two Pack ** Basic (53 Min)	17:00 Fire ** Basic (56 Min)	17:00 Runtime *** Basic (54 Min)	17:00 Roll With Me *** Basic (54 Min)	17:00 Warrior 01 * Basic (54 Min)	17:00
18:00	18:15 Deep Motion ** Basic (55 Min)	18:15 Speed Blocks *** Basic (55 Min)	18:15 Rise Strong ** Basic (56 Min)	18:15 Mixed Ride ** Basic (55 Min)	18:15 Paceface *** Basic (51 Min)	18:00 2 Pack * Short Cut (28 Min)		18:00
19:00	19:15 Overjoy ** Basic (56 Min)	19:15 Warrior 01 * Basic (54 Min)	19:15 Hillsides ** Basic (55 Min)	19:15 More Than Cycling ** Basic (56 Min)	19:15 Build Fire ** Basic (55 Min)			19:00
20:00	20:15 Warrior 02 * Basic (55 Min)	20:15 Speed Limits *** Basic (55 Min)	20:15 Fuel Your Fire ** Basic (55 Min)	20:15 Feel The Difference ** Basic (51 Min)	20:15 Work It *** Basic (55 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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