



## Kursplan, gültig ab 29.04.2024

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00								07:00
08:00								08:00
09:00	09:00 Deep Motion ** Basic (55 Min)	09:00 Warrior 01 * Basic (54 Min)	09:00 Fullhand ** Basic (58 Min)	09:00 Climb To The Max * Basic (49 Min)	09:00 Mixed Ride ** Basic (55 Min)	09:00 More Than Cycling ** Basic (56 Min)	09:00 Good Times ** Basic (63 Min)	09:00
10:00	10:15 Rough Cut ** Short Cut (28 Min)	10:15 Quick Pressure ** Short Cut (26 Min)	10:15 Sky's The Limit ** Short Cut (30 Min)	10:15 FunCruiser ** Short Cut (26 Min)	10:15 All In One ** Short Cut (27 Min)	10:15 Wave Balance ** Extended (106 Min)	10:15 Raise It Up ** Extended (87 Min)	10:00
11:00	11:00 Work It *** Basic (55 Min)	11:00 Feel The Difference ** Basic (51 Min)	11:00 More Than Cycling ** Basic (56 Min)	11:00 Roll With Me *** Basic (54 Min)	11:00 Mixed Ride ** Basic (55 Min)			11:00
12:00	12:05 The Dark Side Of Climbing ** Basic (58 Min)	12:05 Deep Motion ** Basic (55 Min)	12:05 Good Times ** Basic (63 Min)	12:05 Don't Stop ** Basic (54 Min)	12:05 High Roads ** Basic (52 Min)	12:05 Fuel Your Fire ** Basic (55 Min)	12:05 Warrior 02 * Basic (55 Min)	12:00
13:00	13:15 Overjoy ** Basic (56 Min)	13:15 Rise Strong ** Basic (56 Min)	13:15 Speed Blocks *** Basic (55 Min)	13:15 Feel The Difference ** Basic (51 Min)	13:15 Paceface *** Basic (51 Min)	13:15 Good Times ** Basic (63 Min)	13:15 Two Pack ** Basic (53 Min)	13:00
14:00	14:30 Crash & Burn II *** Basic (52 Min)	14:30 Speed Blocks *** Basic (55 Min)	14:30 Deep Motion ** Basic (55 Min)	14:30 Fullhand ** Basic (58 Min)	14:30 Warrior 01 * Basic (54 Min)	14:30 Work It *** Basic (55 Min)	14:30 Open Roads ** Basic (50 Min)	14:00
15:00	15:30 Warrior 01 * Basic (54 Min)	15:30 Burning Up ** Basic (53 Min)	15:30 Way Home ** Basic (58 Min)	15:30 More Than Cycling ** Basic (56 Min)	15:30 Build The Pressure ** Basic (57 Min)	15:30 Rough Ride ** Basic (52 Min)	15:30 Hillsides ** Basic (55 Min)	15:00
16:00								16:00
17:00	17:00 Fuel Your Fire ** Basic (55 Min)	17:00 Gallischer Ride *** Basic (57 Min)	17:00 Fullhand ** Basic (58 Min)	17:00 Good Times ** Basic (63 Min)	17:00 Speed Limits *** Basic (55 Min)	17:00 Good Times ** Basic (63 Min)	17:00 The Dark Side Of Climbing ** Basic (58 Min)	17:00
18:00	18:15 Build Fire ** Basic (55 Min)	18:15 Fire ** Basic (56 Min)	18:15 Fuel Your Fire ** Basic (55 Min)	18:15 Overjoy ** Basic (56 Min)	18:15 Climb The Mountain * Basic (55 Min)			18:00
19:00	19:15 Warrior 01 * Basic (54 Min)	19:15 Work It *** Basic (55 Min)	19:15 More Than Cycling ** Basic (56 Min)	19:15 Way Home ** Basic (58 Min)	19:15 High Roads ** Basic (52 Min)			19:00
20:00	20:15 Burning Up ** Basic (53 Min)	20:15 Gallischer Ride *** Basic (57 Min)	20:15 Roll With Me *** Basic (54 Min)	20:15 Deep Motion ** Basic (55 Min)	20:15 Speed Limits *** 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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