



Kursplan, gültig ab 14.01.2019

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