

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06:00							
06:40	06:40 Jump & Run** 27min		06:40 Two Blocks*** 26min		06:40 Quick Ride** 28min		
07:00							
08:00							
09:00	09:00 Raise It Up** 87min	09:10 Fullhand** 58min	09:00 Rough & Ready** 86min	09:10 Paceface*** 52min	09:00 Sevenup** 83min	09:10 Work It*** 55min	09:10 Work It Out*** 85min
10:00							
11:00							
12:00	12:10 Burning Up** 53min	12:10 Paceface*** 52min	12:10 Open Roads** 51min	12:10 Paceface*** 52min	12:10 Rough Ride** 52min		12:30 Way Home** 58min
13:00		13:30 Quick Ride** 28min		13:30 Let's Do It* 28min			
14:00		14:28 Crash & Burn II*** 52min		14:30 Mixed Ride** 56min			
15:00		15:22 Work It Out*** 85min		15:26 Stronger Faster Braver 86min			
16:00						15:45 Way Home** 58min	
17:00	17:01 QuickMix** 27min		17:02 Quick Limits*** 26min		17:01 FunCruiser** 27min		
	17:30 Build Fire** 55min		17:30 Fire** 57min		17:30 Overjoy** 56min		
18:00	18:26 All Terrain Ride** 85min		18:28 Way Home** 58min		18:27 Stronger Faster Braver 86min		
19:00			19:28 Four Blocks*** 86min				
20:00	19:52 Build Fire** 55min				19:54 Climb To The Max* 49min		
21:00							
22:00							