



Kursplan, gültig ab 11.03.2019

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00	06:51 Intro 07:00 Quick Pressure ** Short Cut (26 Min)		07:00 Pants On Fire ** Short Cut (27 Min)		07:00 All In One ** Short Cut (27 Min)			07:00
08:00	08:15 Tritop * Short Cut (31 Min)		08:15 Born Strong * Short Cut (26 Min)		08:15 Quick Limits *** Short Cut (25 Min)			08:00
09:00	09:00 Rough Ride ** Basic (52 Min)	09:15 Work It *** Basic (55 Min)	09:00 Build The Pressure ** Basic (57 Min)	09:15 Fire ** Basic (56 Min)	09:00 More Than Cycling ** Basic (56 Min)	09:15 Keep The Pressure *** Extended (85 Min)	09:15 Paceface *** Basic (51 Min)	09:00
10:00	10:15 Born Strong * Short Cut (26 Min)	10:15 Short Dance ** Short Cut (29 Min)	10:15 Quick Limits *** Short Cut (25 Min)	10:15 Short Way Home * Short Cut (26 Min)	10:15 Catch Me ** Short Cut (27 Min)			10:15 FunCruiser ** Short Cut (26 Min)
11:00	11:00 Fire ** Basic (56 Min)	11:00 Climb To The Max * Basic (49 Min)	11:00 High Roads ** Basic (52 Min)	11:00 Overjoy ** Basic (56 Min)	11:00 Overjoy ** Basic (56 Min)	11:00 Work It *** Basic (55 Min)	11:00 On Blast ** Extended (85 Min)	11:00
12:00	12:05 Open Roads ** Basic (50 Min)	12:05 Build Fire ** Basic (55 Min)	12:05 Work It *** Basic (55 Min)	12:05 Build The Pressure ** Basic (57 Min)	12:05 Rise Strong ** Basic (56 Min)	12:05 Riding The Waves *** Basic (52 Min)		
13:00	13:15 Work It *** Basic (55 Min)	13:15 Open Roads ** Basic (50 Min)	13:15 Overjoy ** Basic (56 Min)	13:15 Build Fire ** Basic (55 Min)	13:15 Fire ** Basic (56 Min)		12:30 Open Roads ** Basic (50 Min)	13:00
14:00	14:30 Hillslides ** Basic (55 Min)	14:30 Build The Pressure ** Basic (57 Min)	14:30 Fullhand ** Basic (58 Min)	14:30 Rise Strong ** Basic (56 Min)	14:30 Work It *** Basic (55 Min)			
15:00	15:30 High Roads ** Basic (52 Min)	15:30 Way Home ** Basic (58 Min)	15:30 Rough Ride ** Basic (52 Min)	15:30 Runtime *** Basic (54 Min)	15:30 Paceface *** Basic (51 Min)			15:00
16:00								16:00
17:00	17:00 Fullhand ** Basic (58 Min)	17:00 Overjoy ** Basic (56 Min)	17:00 Runtime *** Basic (54 Min)	17:00 Way Home ** Basic (58 Min)	17:00 Don't Stop ** Basic (54 Min)			17:00
18:00	18:15 Don't Stop ** Basic (54 Min)	18:15 Jump & Run ** Short Cut (26 Min)	18:15 More Than Cycling ** Basic (56 Min)	18:15 Born Strong * Short Cut (26 Min)	18:15 Crash & Burn II *** Basic (52 Min)			18:00
19:00	19:15 Build The Pressure ** Basic (57 Min)	18:45 Long Way Home *** Extended (85 Min)	19:15 Way Home ** Basic (58 Min)	18:45 Four Blocks *** Extended (86 Min)	19:15 Build Fire ** Basic (55 Min)			19:00
20:00	20:15 Fullhand ** Basic (58 Min)	20:15 Overjoy ** Basic (56 Min)	20:15 Runtime *** Basic (54 Min)	20:15 Way Home ** Basic (58 Min)	20:15 Don't Stop ** Basic (54 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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