



Kursplan, gültig ab 18.03.2019

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag | |
|-------|---|--|--|--|--|--|---|-------|
| 07:00 | 07:00 Two Blocks *** Short Cut (26 Min) | | 07:00 Short Way Home * Short Cut (26 Min) | | 07:00 Let's Do It * Short Cut (28 Min) | | | 07:00 |
| 08:00 | 08:15 Catch Me ** Short Cut (27 Min) | | 08:15 All In One ** Short Cut (27 Min) | | 08:15 Short Dance ** Short Cut (29 Min) | | | 08:00 |
| 09:00 | 09:00 High Roads ** Basic (52 Min) | 09:15 Rise Strong ** Basic (56 Min) | 09:00 Build Fire ** Basic (55 Min) | 09:15 More Than Cycling ** Basic (56 Min) | 09:00 Rough Ride ** Basic (52 Min) | 09:15 Stroking Limits *** Extended (84 Min) | 09:15 Speed Blocks *** Basic (55 Min) | 09:00 |
| 10:00 | 10:15 Quick Pressure ** Short Cut (26 Min) | 10:15 Work ** Short Cut (28 Min) | 10:15 Rough Cut ** Short Cut (28 Min) | 10:15 Pants On Fire ** Short Cut (27 Min) | 10:15 Sky's The Limit ** Short Cut (30 Min) | | 10:15 QuickMix ** Short Cut (27 Min) | 10:00 |
| 11:00 | 11:00 Rough Ride ** Basic (52 Min) | 11:00 Burning Up ** Basic (53 Min) | 11:00 Open Roads ** Basic (50 Min) | 11:00 Rise Strong ** Basic (56 Min) | 11:00 Build Fire ** Basic (55 Min) | 11:00 Runtime *** Basic (54 Min) | 11:00 Master Ride ** Extended (85 Min) | 11:00 |
| 12:00 | 12:05 Rise Strong ** Basic (56 Min) | 12:05 More Than Cycling ** Basic (56 Min) | 12:05 Mixed Ride ** Basic (55 Min) | 12:05 Open Roads ** Basic (50 Min) | 12:05 Paceface *** Basic (51 Min) | 12:05 Build The Pressure ** Basic (57 Min) | 12:30 Rise Strong ** Basic (56 Min) | 12:00 |
| 13:00 | 13:15 Overjoy ** Basic (56 Min) | 13:15 Build The Pressure ** Basic (57 Min) | 13:15 Fire ** Basic (56 Min) | 13:15 Work It *** Basic (55 Min) | 13:15 More Than Cycling ** Basic (56 Min) | | | 13:00 |
| 14:00 | 14:30 Build Fire ** Basic (55 Min) | 14:30 Paceface *** Basic (51 Min) | 14:30 Rise Strong ** Basic (56 Min) | 14:30 Mixed Ride ** Basic (55 Min) | 14:30 Speed Limits *** Basic (55 Min) | | | 14:00 |
| 15:00 | 15:30 Build The Pressure ** Basic (57 Min) | 15:30 Mixed Ride ** Basic (55 Min) | 15:30 Speed Blocks *** Basic (55 Min) | 15:30 Overjoy ** Basic (56 Min) | 15:30 Riding The Waves *** Basic (52 Min) | | | 15:00 |
| 16:00 | | | | | | | | 16:00 |
| 17:00 | 17:00 Mixed Ride ** Basic (55 Min) | 17:00 Build Fire ** Basic (55 Min) | 17:00 Crash & Burn II *** Basic (52 Min) | 17:00 Speed Blocks *** Basic (55 Min) | 17:00 Fullhand ** Basic (58 Min) | | | 17:00 |
| 18:00 | 18:15 Fire ** Basic (56 Min) | 18:15 Pants On Fire ** Short Cut (27 Min) | 18:15 Rise Strong ** Basic (56 Min) | 18:15 Born Strong * Short Cut (26 Min) | 18:15 Overjoy ** Basic (56 Min) | | | 18:00 |
| 19:00 | 19:15 High Roads ** Basic (52 Min) | 18:45 Keep The Pressure *** Extended (85 Min) | 19:15 High Roads ** Basic (52 Min) | 18:45 Four Blocks *** Extended (86 Min) | 19:15 Burning Up ** Basic (53 Min) | | | 19:00 |
| 20:00 | 20:15 Mixed Ride ** Basic (55 Min) | 20:15 Build Fire ** Basic (55 Min) | 20:15 Crash & Burn II *** Basic (52 Min) | 20:15 Way Home ** Basic (58 Min) | 20:15 Fullhand ** Basic (58 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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