



CyberCrossing

Kursplan, gültig ab 29.12.2016



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00		06:49 Intro & Setup		06:49 Intro & Setup		06:49 Intro & Setup		07:00
	07:19 Intro & Setup	07:00 Survivor *** Basic (55 Min)	07:19 Intro & Setup	07:00 Starrace ** Short Cut (28 Min)	07:19 Intro & Setup	07:00 Golden Run *** Basic (53 Min)		07:19 Intro & Setup
08:00	07:30 Survivor *** Basic (55 Min)		07:30 Survivor *** Basic (55 Min)	07:49 Intro & Setup	07:30 Starrace ** Short Cut (28 Min)		07:30 Golden Run *** Basic (53 Min)	08:00
	08:30 Quick Chance ** Short Cut (27 Min)	08:00 Quick Chance ** Short Cut (27 Min)	08:30 Quick Chance ** Short Cut (27 Min)	08:00 Intro & Setup	08:19 Intro & Setup	08:00 Powerspeed *** Short Cut (27 Min)		08:30 Powerspeed *** Short Cut (27 Min)
09:00		08:49 Intro & Setup		08:49 Intro & Setup	08:30 Sprint With Me ** Short Cut (26 Min)	08:49 Intro & Setup		09:00
	09:19 Intro & Setup	09:00 ShortDriven ** Short Cut (30 Min)	09:19 Intro & Setup	09:00 E-Motion ** Short Cut (29 Min)	09:19 Intro & Setup	09:00 Quick & Strong * Short Cut (28 Min)		09:19 Intro & Setup
10:00	09:30 ShortDriven ** Short Cut (30 Min)		09:30 ShortDriven ** Short Cut (30 Min)	09:49 Intro & Setup	09:30 E-Motion ** Short Cut (29 Min)	09:49 Intro & Setup		09:30 Quick & Strong * Short Cut (28 Min)
	10:19 Intro & Setup	10:00 Sprint With Me ** Short Cut (26 Min)	10:19 Intro & Setup	10:00 Rhythm Breaker ** Basic (55 Min)	10:19 Intro & Setup	10:00 ShortDriven ** Short Cut (30 Min)		10:19 Intro & Setup
11:00	10:30 Sprint With Me ** Short Cut (26 Min)		10:30 Sprint With Me ** Short Cut (26 Min)	10:30 Rhythm Breaker ** Basic (55 Min)	10:30 Quick & Strong * Short Cut (28 Min)	10:49 Intro & Setup		10:30 ShortDriven ** Short Cut (30 Min)
	11:19 Intro & Setup	11:00 Crossfire ** Short Cut (31 Min)	11:19 Intro & Setup	11:00 Quick & Strong * Short Cut (28 Min)		11:00 Close To The Fire *** Basic (51 Min)		11:19 Intro & Setup
12:00	11:30 Crossfire ** Short Cut (31 Min)		11:30 Crossfire ** Short Cut (31 Min)	11:49 Intro & Setup	11:30 Quick & Strong * Short Cut (28 Min)		11:30 Close To The Fire *** Basic (51 Min)	12:00
	12:19 Intro & Setup	11:49 Intro & Setup	12:19 Intro & Setup	12:00 Work It Out *** Short Cut (25 Min)	12:19 Intro & Setup	12:00 Crossfire ** Short Cut (31 Min)		12:30 Crossfire ** Short Cut (31 Min)
13:00	12:30 E-Motion ** Short Cut (29 Min)		12:30 E-Motion ** Short Cut (29 Min)	12:49 Intro & Setup	12:30 Work It Out *** Short Cut (25 Min)	12:49 Intro & Setup		
	13:19 Intro & Setup	12:49 Intro & Setup	13:19 Intro & Setup	13:00 Starrace ** Short Cut (28 Min)	13:19 Intro & Setup	13:00 Sprint With Me ** Short Cut (26 Min)		13:19 Intro & Setup
14:00	13:30 Time Is Now *** Basic (55 Min)		13:30 To The Edge *** Basic (53 Min)	13:49 Intro & Setup	13:30 Starrace ** Short Cut (28 Min)	13:49 Intro & Setup		13:30 Sprint With Me ** Short Cut (26 Min)
	14:30 Trancepiration ** Short Cut (30 Min)	14:00 Trancepiration ** Short Cut (30 Min)	14:30 Quick&Tough *** Short Cut (31 Min)	14:00 Quick Chance ** Short Cut (27 Min)	14:19 Intro & Setup	14:00 E-Motion ** Short Cut (29 Min)		14:19 Intro & Setup
15:00		14:49 Intro & Setup		14:49 Intro & Setup	14:30 Quick Chance ** Short Cut (27 Min)	14:49 Intro & Setup		14:30 E-Motion ** Short Cut (29 Min)
	15:19 Intro & Setup	15:00 To The Edge *** Basic (53 Min)	15:19 Intro & Setup	15:00 Sprint With Me ** Short Cut (26 Min)	15:30 Quick & Strong * Short Cut (28 Min)	15:00 Lift Off *** Basic (54 Min)		15:19 Intro & Setup
16:00	15:30 To The Edge *** Basic (53 Min)		15:30 Time Is Now *** Basic (55 Min)	15:49 Intro & Setup	16:00 Thunder&Lightning-neu *** Short Cut (26 Min)	16:00 Quick & Strong * Short Cut (28 Min)		15:30 Lift Off *** Basic (54 Min)
	16:30 Quick & Strong * Short Cut (28 Min)	16:00 Quick Chance ** Short Cut (27 Min)	16:30 Quick & Strong * Short Cut (28 Min)	16:49 Intro & Setup	16:19 Intro & Setup	16:49 Intro & Setup		16:30 Quick & Strong * Short Cut (28 Min)
17:00		16:49 Intro & Setup		16:49 Intro & Setup	16:30 Thunder&Lightning-neu *** Short Cut (26 Min)	16:49 Intro & Setup		17:00
	17:19 Intro & Setup	17:00 Starrace ** Short Cut (28 Min)	17:19 Intro & Setup	17:00 Supernova * Short Cut (29 Min)	17:19 Intro & Setup	17:00 Quick Chance ** Short Cut (27 Min)		17:19 Intro & Setup
18:00	17:30 Starrace ** Short Cut (28 Min)		17:30 Crossfire ** Short Cut (31 Min)	17:49 Intro & Setup	17:30 Supernova * Short Cut (29 Min)	17:49 Intro & Setup		17:30 Quick Chance ** Short Cut (27 Min)
	18:19 Intro & Setup	17:49 Intro & Setup	18:19 Intro & Setup	18:00 Quick & Strong * Short Cut (28 Min)	18:19 Intro & Setup	18:00 Supernova * Short Cut (29 Min)		18:19 Intro & Setup
19:00	18:30 Crossfire ** Short Cut (31 Min)		18:30 Starrace ** Short Cut (28 Min)	18:49 Intro & Setup	18:30 Quick & Strong * Short Cut (28 Min)	18:49 Intro & Setup		18:30 Supernova * Short Cut (29 Min)
	19:19 Intro & Setup	18:49 Intro & Setup	19:19 Intro & Setup	19:00 Runspiration *** Basic (53 Min)	19:19 Intro & Setup	19:00 To The Edge *** Basic (53 Min)		19:19 Intro & Setup
20:00	19:30 ShortDriven ** Short Cut (30 Min)		19:30 Trancepiration ** Short Cut (30 Min)	20:00 Crossfire ** Short Cut (31 Min)	19:30 Runspiration *** Basic (53 Min)	19:30 Sprint With Me ** Short Cut (26 Min)		19:30 To The Edge *** Basic (53 Min)
	20:19 Intro & Setup	19:49 Intro & Setup	20:19 Intro & Setup	20:49 Intro & Setup	20:30 Crossfire ** Short Cut (31 Min)	20:49 Intro & Setup		20:30 Sprint With Me ** Short Cut (26 Min)
21:00	20:30 Rhythm Breaker ** Basic (55 Min)		20:30 Speedpower *** Basic (53 Min)	21:00 Run For Fun *** Basic (52 Min)	21:19 Intro & Setup	21:00 Survivor *** Basic (55 Min)		21:19 Intro & Setup
	21:30 Trancepiration ** Short Cut (30 Min)	21:00 Breathe&Go *** Basic (52 Min)	21:30 Supernova * Short Cut (29 Min)	21:30 Run For Fun *** Basic (52 Min)	21:30 Run For Fun *** Basic (52 Min)	21:30 Survivor *** Basic (55 Min)		21:30 Survivor *** Basic (55 Min)
22:00								22:00
23:00								23:00

Die CyberCrossing 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



CyberCrossing

Kursplan, gültig ab 29.12.2016



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
23:00								23:00
00:00								00:00
01:00								01:00
02:00								02:00
03:00								03:00
04:00								04:00
05:00								05:00
06:00	06:19 Intro & Setup 06:30 Supernova * Short Cut (29 Min)	05:49 Intro & Setup 06:00 Supernova * Short Cut (29 Min)	06:19 Intro & Setup 06:30 Supernova * Short Cut (29 Min)	05:49 Intro & Setup 06:00 Nose Wide Open *** Short Cut (26 Min)	06:19 Intro & Setup 06:30 Nose Wide Open *** Short Cut (26 Min)	05:49 Intro & Setup 06:00 Crossfire ** Short Cut (31 Min)	06:19 Intro & Setup 06:30 Crossfire ** Short Cut (31 Min)	06:00
07:00								07:00

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