



CyberCrossing

Kursplan, gültig ab 13.04.2018



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:00						
07:30	07:00 To The Edge *** Basic (53 Min)	Quick&Tough *** Short Cut (31 Min)	07:00 Breath To The Beat *** Basic (53 Min)		07:00 In It To Win It ** Basic (55 Min)	Quick&Tough *** Short Cut (31 Min)
08:00	07:30 Breath To The Beat *** Basic (53 Min)	07:30 In It To Win It ** Basic (55 Min)	08:00 Crossfire ** Short Cut (31 Min)	07:30 To The Edge *** Basic (53 Min)	08:00 Feel Quick ** Short Cut (24 Min)	07:25 Setup * Short Cut (3 Min)
08:30	08:00 Thunder&Lightning-neu *** Short Cut (26 Min)	08:30 Feel Quick ** Short Cut (24 Min)		08:30 Thunder&Lightning-neu *** Short Cut (26 Min)		08:25 Electricity ** Short Cut (25 Min)
09:00	08:55 Setup * Short Cut (3 Min)		08:55 Setup * Short Cut (3 Min)		08:55 Setup * Short Cut (3 Min)	
09:30	09:30 E-Motion ** Short Cut (29 Min)	09:30 E-Motion ** Short Cut (29 Min)		09:30 Supernova * Short Cut (29 Min)		09:25 Setup * Short Cut (3 Min)
10:00	09:55 Setup * Short Cut (3 Min)		09:55 Setup * Short Cut (3 Min)		09:55 Setup * Short Cut (3 Min)	
10:25	10:25 Setup * Short Cut (3 Min)	10:30 Nose Wide Open *** Short Cut (26 Min)		10:30 Starrace ** Short Cut (28 Min)		10:25 Setup * Short Cut (3 Min)
11:00	10:55 Setup * Short Cut (3 Min)		10:55 Setup * Short Cut (3 Min)		10:55 Setup * Short Cut (3 Min)	
11:25	11:25 Setup * Short Cut (3 Min)	11:30 Powerspeed *** Short Cut (27 Min)		11:30 Speedshot *** Short Cut (26 Min)		11:25 Setup * Short Cut (3 Min)
12:00	11:55 Setup * Short Cut (3 Min)		12:00 Nose Wide Open *** Short Cut (26 Min)		11:55 Setup * Short Cut (3 Min)	
12:25	12:25 Setup * Short Cut (3 Min)	12:30 Quick&Tough *** Short Cut (31 Min)		12:30 Rising Time *** Short Cut (25 Min)		12:25 Setup * Short Cut (3 Min)
13:00	12:55 Setup * Short Cut (3 Min)		13:00 Reel It In *** Basic (56 Min)		12:55 Setup * Short Cut (3 Min)	
13:25	13:25 Setup * Short Cut (3 Min)	13:30 Golden Run *** Basic (53 Min)		13:30 Whole In Run *** Basic (56 Min)		13:25 Setup * Short Cut (3 Min)
14:00	14:00 Win It Quick ** Short Cut (26 Min)	14:30 Electricity ** Short Cut (25 Min)	14:00 Rising Time *** Short Cut (25 Min)	14:30 Win It Quick ** Short Cut (26 Min)	14:00 Electricity ** Short Cut (25 Min)	
14:30	14:30 Rising Time *** Short Cut (25 Min)					14:30 ShortDriven ** Short Cut (30 Min)
15:00	14:55 Setup * Short Cut (3 Min)	15:30 Peakrun *** Basic (49 Min)	15:00 Speedpower *** Basic (53 Min)	15:25 Setup * Short Cut (3 Min)	15:00 Peakrun *** Basic (49 Min)	15:25 Setup * Short Cut (3 Min)
15:25	15:25 Setup * Short Cut (3 Min)					
16:00	16:00 Starrace ** Short Cut (28 Min)	16:30 Rising Time *** Short Cut (25 Min)	16:00 Speedshot *** Short Cut (26 Min)	16:30 Starrace ** Short Cut (28 Min)	16:00 Rising Time *** Short Cut (25 Min)	
16:30	16:30 Speedshot *** Short Cut (26 Min)					16:30 Sprint With Me ** Short Cut (26 Min)
17:00	17:00 Work It Out *** Short Cut (25 Min)	17:25 Setup * Short Cut (3 Min)	17:00 Supernova * Short Cut (29 Min)	17:25 Setup * Short Cut (3 Min)	17:00 Win It Quick ** Short Cut (26 Min)	17:25 Setup * Short Cut (3 Min)
17:30	17:30 Supernova * Short Cut (29 Min)					
18:00	18:00 Sprint With Me ** Short Cut (26 Min)	18:25 Setup * Short Cut (3 Min)	18:00 Thunder&Lightning-neu *** Short Cut (26 Min)	18:25 Setup * Short Cut (3 Min)	18:00 Speedshot *** Short Cut (26 Min)	
18:30	18:30 Thunder&Lightning-neu *** Short Cut (26 Min)					18:30 Starrace ** Short Cut (28 Min)
19:00	18:55 Setup * Short Cut (3 Min)	19:25 Setup * Short Cut (3 Min)	19:00 Trancepiration ** Short Cut (30 Min)	19:25 Setup * Short Cut (3 Min)	19:00 Supernova * Short Cut (29 Min)	
19:25	19:25 Setup * Short Cut (3 Min)					19:30 Thunder&Lightning-neu *** Short Cut (26 Min)
20:00	20:00 Runspiration *** Basic (53 Min)	20:30 Reel It In *** Basic (56 Min)	20:00 Survivor *** Basic (55 Min)	20:25 Setup * Short Cut (3 Min)	20:00 Reel It In *** Basic (56 Min)	20:25 Setup * Short Cut (3 Min)
20:25	20:25 Setup * Short Cut (3 Min)					
21:00	21:00 Run For Fun *** Basic (52 Min)	21:30 Work It Out *** Short Cut (25 Min)	21:00 In It To Win It ** Basic (55 Min)	21:30 Silver Run *** Short Cut (27 Min)	21:00 Breath To The Beat *** Basic (53 Min)	
21:30	21:30 Win It Quick ** Short Cut (26 Min)					21:30 Speedshot *** Short Cut (26 Min)
22:00						
23:00						

Die CyberCrossing Classes sind in 3 Technik-Level unterteilt, die farblich und durch Sternchen (*, ** oder ***) gekennzeichnet sind.

Level *: Anfänger/fortgeschrittene Anfänger

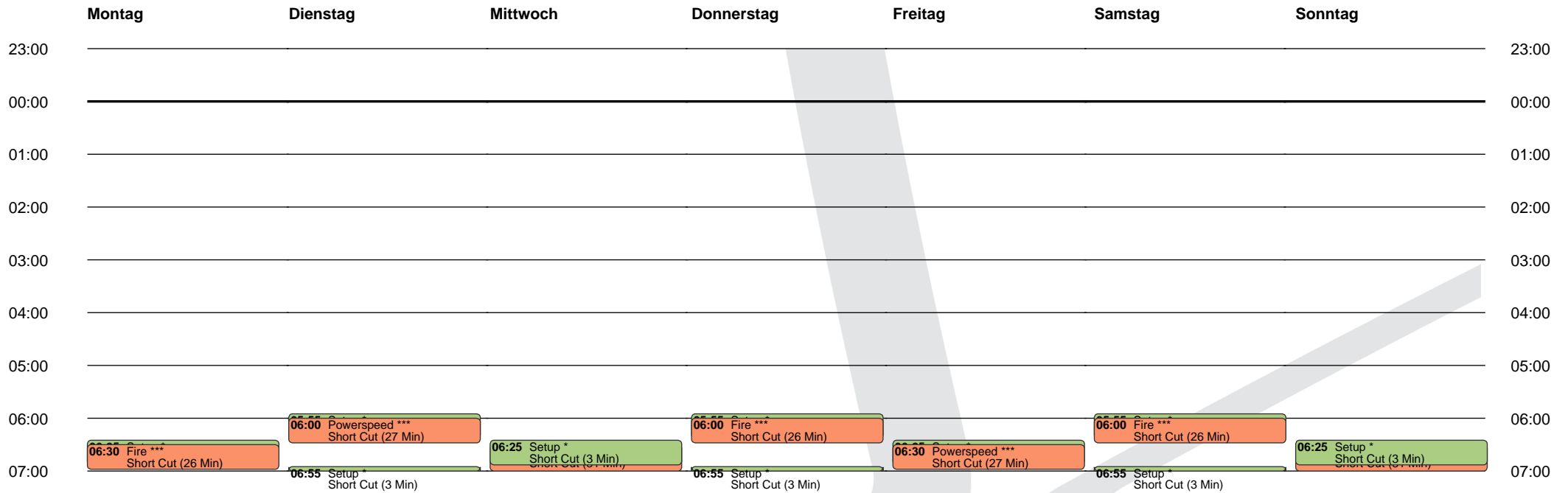
Level **: Fortgeschrittene

Level ***: hoher Anspruch auch für Fortgeschrittene



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