



Kursplan, gültig ab 13.04.2018



CyberCycling

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00	07:00 Catch Me ** Short Cut (27 Min)		Bike Setup * CyberTraining (5 Min)		Bike Setup * CyberTraining (5 Min)		07:00 Pants On Fire ** Short Cut (27 Min)	07:00
08:00	07:50 Bike Setup * CyberTraining (5 Min) Basic (54 Min)	07:20 Bike Setup * CyberTraining (5 Min) Short Cut (27 Min)	07:50 Bike Setup * Short Dance ** Short Cut (29 Min)	07:20 Bike Setup * Build Fire ** Basic (55 Min)	07:50 Bike Setup * CyberTraining (5 Min) Basic (54 Min)	07:20 Bike Setup * CyberTraining (5 Min) Short Cut (27 Min)	07:50 Bike Setup * CyberTraining (5 Min) Short Cut (29 Min)	08:00
09:00	09:00 Quick Limits *** Short Cut (25 Min)	08:20 Bike Setup * Jump & Run ** Short Cut (26 Min)	08:50 Bike Setup * Quick Ride ** Short Cut (27 Min)	08:30 Catch Me ** Short Cut (27 Min)	08:55 Quick Limits *** Short Cut (25 Min)	08:20 Bike Setup * CyberTraining (5 Min) Short Cut (26 Min)	08:50 Bike Setup * CyberTraining (5 Min) Short Cut (27 Min)	09:00
10:00	09:50 Bike Setup * CyberTraining (5 Min) Extended (85 Min)	09:30 Open Roads ** Basic (50 Min)	09:50 Bike Setup * FunCruiser ** Short Cut (26 Min)	09:30 Fire ** Basic (56 Min)	09:50 Bike Setup * CyberTraining (5 Min) Extended (85 Min)	09:20 Bike Setup * CyberTraining (5 Min) Basic (50 Min)	09:50 Bike Setup * CyberTraining (5 Min) Short Cut (26 Min)	10:00
11:00		10:30 Don't Stop ** Basic (54 Min)	10:50 Bike Setup * Jump & Run ** Short Cut (26 Min)	10:30 Let's Do It * Short Cut (28 Min)		10:30 Don't Stop ** Basic (54 Min)	10:50 Bike Setup * CyberTraining (5 Min) Short Cut (26 Min)	11:00
12:00	11:50 Bike Setup * Build Fire ** Basic (55 Min)	11:32 Let's Do It * Short Cut (28 Min)	11:50 Bike Setup * Mixed Ride ** Basic (55 Min)	11:30 Stronger Faster Braver *** Extended (86 Min)	11:50 Bike Setup * CyberTraining (5 Min) Basic (55 Min)	11:25 Let's Do It * Short Cut (28 Min)	11:50 Bike Setup * CyberTraining (5 Min) Basic (55 Min)	12:00
13:00	13:00 FunCruiser ** Short Cut (26 Min)	12:20 Bike Setup * Stronger Faster Braver *** Extended (86 Min)	13:00 Quick Limits *** Short Cut (25 Min)	13:20 Bike Setup * Fullhand ** Basic (58 Min)	13:00 FunCruiser ** Short Cut (26 Min)		13:00 Quick Limits *** Short Cut (25 Min)	13:00
14:00	13:50 Bike Setup * 2 Pack * Short Cut (28 Min)	14:20 Bike Setup * Catch Me ** Short Cut (27 Min)	14:00 Bike Setup * Raise It Up ** Extended (87 Min)	14:30 FunCruiser ** Short Cut (26 Min)	13:50 Bike Setup * CyberTraining (5 Min) Short Cut (28 Min)	14:20 Bike Setup * CyberTraining (5 Min) Short Cut (27 Min)	13:50 Bike Setup * CyberTraining (5 Min) Extended (87 Min)	14:00
15:00	14:50 Bike Setup * Jump & Run ** Short Cut (26 Min)	15:20 Bike Setup * CyberTraining (5 Min) Basic (49 Min)		15:20 Bike Setup * In The Red *** Extended (85 Min)	14:50 Bike Setup * CyberTraining (5 Min) Short Cut (26 Min)	15:20 Bike Setup * CyberTraining (5 Min) Basic (49 Min)		15:00
16:00	15:50 Bike Setup * Let's Do It * Short Cut (28 Min)	16:30 All Terrain Ride ** Extended (85 Min)	15:50 Bike Setup * CyberTraining (5 Min) Basic (51 Min)		15:50 Bike Setup * CyberTraining (5 Min) Short Cut (28 Min)	16:30 All Terrain Ride ** Extended (85 Min)	15:50 Bike Setup * Paceface *** Basic (51 Min)	16:00
17:00	16:50 Bike Setup * Work ** Short Cut (28 Min)		17:00 Catch Me ** Short Cut (27 Min)	17:20 Bike Setup * Burning Up ** Basic (53 Min)	16:50 Bike Setup * CyberTraining (5 Min) Short Cut (28 Min)		17:00 Catch Me ** Short Cut (27 Min)	17:00
18:00	17:50 Bike Setup * CyberTraining (5 Min) Short Cut (26 Min)	18:20 Bike Setup * Build Fire ** Basic (55 Min)	17:50 Bike Setup * In The Red *** Extended (85 Min)	18:30 Jump & Run ** Short Cut (26 Min)	17:50 Bike Setup * CyberTraining (5 Min) Short Cut (26 Min)	18:20 Bike Setup * CyberTraining (5 Min) Basic (55 Min)	17:50 Bike Setup * In The Red *** Extended (85 Min)	18:00
19:00	18:50 Bike Setup * CyberTraining (5 Min) Short Cut (25 Min)	19:33 FunCruiser ** Short Cut (26 Min)		19:20 Bike Setup * Pants On Fire ** Short Cut (27 Min)	18:50 Bike Setup * Quick Limits *** Short Cut (25 Min)			19:00
20:00	19:50 Bike Setup * CyberTraining (5 Min) Short Cut (26 Min)	20:30 Crash & Burn II *** Basic (52 Min)	19:50 Bike Setup * Burning Up ** Basic (53 Min)	20:20 Bike Setup * Work It Out *** Extended (84 Min)	19:50 Bike Setup * CyberTraining (5 Min) Short Cut (26 Min)	19:30 FunCruiser ** Short Cut (26 Min)	19:50 Bike Setup * Burning Up ** Basic (53 Min)	20:00
21:00	20:50 Bike Setup * CyberTraining (5 Min) Basic (49 Min)	21:23 Four Blocks *** Extended (86 Min)	21:00 All Terrain Ride ** Extended (85 Min)		20:50 Bike Setup * CyberTraining (5 Min) Basic (49 Min)	20:20 Bike Setup * CyberTraining (5 Min) Basic (52 Min)	21:00 All Terrain Ride ** Extended (85 Min)	21:00
22:00	22:00 Open Roads ** Basic (50 Min)		22:30 Let's Do It * Short Cut (28 Min)	22:00 Speed Limits *** Basic (55 Min)	22:00 Open Roads ** Basic (50 Min)	21:30 Four Blocks *** Extended (86 Min)		22:00
23:00							22:30 Let's Do It * Short Cut (28 Min)	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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