



CyberCycling

# Kursplan, gültig ab 29.12.2016



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00	06:46 Intro & Bike Setup 07:00 Work ** Short Cut (28 Min)	07:16 Intro & Bike Setup 07:30 Work ** Short Cut (28 Min)	06:46 Intro & Bike Setup 07:00 Let's Do It * Short Cut (28 Min)	07:16 Intro & Bike Setup 07:30 Let's Do It * Short Cut (28 Min)	06:46 Intro & Bike Setup 07:00 Rough Cut ** Short Cut (28 Min)	07:16 Intro & Bike Setup 07:30 Rough Cut ** Short Cut (28 Min)	06:46 Intro & Bike Setup 07:00 Let's Do It * Short Cut (28 Min)	07:00
08:00	07:46 Intro & Bike Setup 08:00 Catch Me Short Cut (27 Min)	08:16 Intro & Bike Setup 08:30 Catch Me ** Short Cut (27 Min)	07:46 Intro & Bike Setup 08:00 2 Pack * Short Cut (28 Min)	08:16 Intro & Bike Setup 08:30 2 Pack ** Short Cut (28 Min)	07:46 Intro & Bike Setup 08:00 Short Way Home * Short Cut (26 Min)	08:16 Intro & Bike Setup 08:30 Short Way Home * Short Cut (26 Min)	07:46 Intro & Bike Setup 08:00 2 Pack * Short Cut (28 Min)	08:00
09:00	08:46 Intro & Bike Setup 09:00 2 Pack * Short Cut (28 Min)	09:16 Intro & Bike Setup 09:30 2 Pack * Short Cut (28 Min)	08:46 Intro & Bike Setup 09:00 Rough Cut ** Short Cut (28 Min)	09:16 Intro & Bike Setup 09:30 Rough Cut ** Short Cut (28 Min)	08:46 Intro & Bike Setup 09:00 Sky's The Limit ** Short Cut (30 Min)	09:16 Intro & Bike Setup 09:30 Sky's The Limit ** Short Cut (30 Min)	08:46 Intro & Bike Setup 09:00 Rough Cut ** Short Cut (28 Min)	09:00
10:00	09:46 Intro & Bike Setup 10:00 FunCruiser ** Short Cut (26 Min)	10:16 Intro & Bike Setup 10:30 FunCruiser ** Short Cut (26 Min)	09:46 Intro & Bike Setup 10:00 QuickMix ** Short Cut (27 Min)	10:16 Intro & Bike Setup 10:30 QuickMix ** Short Cut (27 Min)	09:46 Intro & Bike Setup 10:00 Catch Me ** Short Cut (27 Min)	10:16 Intro & Bike Setup 10:30 Catch Me ** Short Cut (27 Min)	09:46 Intro & Bike Setup 10:00 QuickMix ** Short Cut (27 Min)	10:00
11:00	10:46 Intro & Bike Setup 11:00 QuickMix ** Short Cut (27 Min)	11:16 Intro & Bike Setup 11:30 QuickMix ** Short Cut (27 Min)	10:46 Intro & Bike Setup 11:00 Tritop * Short Cut (31 Min)	11:16 Intro & Bike Setup 11:30 Tritop * Short Cut (31 Min)	10:46 Intro & Bike Setup 11:00 Tritop * Short Cut (31 Min)	11:16 Intro & Bike Setup 11:30 Tritop * Short Cut (31 Min)	10:46 Intro & Bike Setup 11:00 Tritop * Short Cut (31 Min)	11:00
12:00	11:46 Intro & Bike Setup 12:00 On Blast ** Extended (85 Min)	12:16 Intro & Bike Setup 12:30 Raise It Up ** Extended (87 Min)	11:46 Intro & Bike Setup 12:00 Four Blocks *** Extended (86 Min)	12:16 Intro & Bike Setup 12:30 JoyRider ** Extended (84 Min)	11:46 Intro & Bike Setup 12:00 Sevenup ** Extended (83 Min)	12:16 Intro & Bike Setup 12:30 Raise It Up ** Extended (87 Min)	11:46 Intro & Bike Setup 12:00 Long Way Home *** Extended (85 Min)	12:00
13:00								13:00
14:00	13:46 Intro & Bike Setup 14:00 Short Way Home * Short Cut (26 Min)	14:16 Intro & Bike Setup 14:30 Short Way Home * Short Cut (26 Min)	13:46 Intro & Bike Setup 14:00 Let's Do It * Short Cut (28 Min)	14:16 Intro & Bike Setup 14:30 Let's Do It * Short Cut (28 Min)	13:46 Intro & Bike Setup 14:00 FunCruiser ** Short Cut (26 Min)	14:16 Intro & Bike Setup 14:30 FunCruiser ** Short Cut (26 Min)	13:46 Intro & Bike Setup 14:00 Let's Do It * Short Cut (28 Min)	14:00
15:00	14:46 Intro & Bike Setup 15:00 Tritop * Short Cut (31 Min)	15:16 Intro & Bike Setup 15:30 Tritop * Short Cut (31 Min)	14:46 Intro & Bike Setup 15:00 Work ** Short Cut (28 Min)	15:16 Intro & Bike Setup 15:30 Work ** Short Cut (28 Min)	14:46 Intro & Bike Setup 15:00 Let's Do It * Short Cut (28 Min)	15:16 Intro & Bike Setup 15:30 Let's Do It * Short Cut (28 Min)	14:46 Intro & Bike Setup 15:00 Work ** Short Cut (28 Min)	15:00
16:00	15:46 Intro & Bike Setup 16:00 Catch Me ** Short Cut (27 Min)	16:16 Intro & Bike Setup 16:30 Catch Me ** Short Cut (27 Min)	15:46 Intro & Bike Setup 16:00 Burning Up ** Basic (53 Min)	16:16 Intro & Bike Setup 16:30 Paceface *** Basic (51 Min)	15:46 Intro & Bike Setup 16:00 Rough Cut ** Short Cut (28 Min)	16:16 Intro & Bike Setup 16:30 Rough Cut ** Short Cut (28 Min)	15:46 Intro & Bike Setup 16:00 Burning Up ** Basic (53 Min)	16:00
17:00	16:46 Intro & Bike Setup 17:00 2 Pack * Short Cut (28 Min)	17:16 Intro & Bike Setup 17:30 2 Pack * Short Cut (28 Min)	17:00 Short Way Home * Short Cut (26 Min)	17:30 Short Way Home * Short Cut (26 Min)	16:46 Intro & Bike Setup 17:00 Don't Stop ** Basic (54 Min)	17:16 Intro & Bike Setup 17:30 Don't Stop ** Basic (54 Min)	17:00 Short Way Home * Short Cut (26 Min)	17:00
18:00	17:46 Intro & Bike Setup 18:00 FunCruiser ** Short Cut (26 Min)	18:16 Intro & Bike Setup 18:30 FunCruiser ** Short Cut (26 Min)	17:46 Intro & Bike Setup 18:00 Rough Cut ** Short Cut (28 Min)	18:16 Intro & Bike Setup 18:30 Rough Cut ** Short Cut (28 Min)	18:00 Short Way Home * Short Cut (26 Min)	18:30 Short Way Home * Short Cut (26 Min)	17:46 Intro & Bike Setup 18:00 Rough Cut ** Short Cut (28 Min)	18:00
19:00	18:46 Intro & Bike Setup 19:00 Riding The Waves *** Basic (52 Min)	19:16 Intro & Bike Setup 19:30 High Roads ** Basic (52 Min)	18:46 Intro & Bike Setup 19:00 Sky's The Limit ** Short Cut (30 Min)	19:16 Intro & Bike Setup 19:30 Sky's The Limit ** Short Cut (30 Min)	18:46 Intro & Bike Setup 19:00 ShortSport ** Short Cut (26 Min)	19:16 Intro & Bike Setup 19:30 ShortSport ** Short Cut (26 Min)	18:46 Intro & Bike Setup 19:00 Sky's The Limit ** Short Cut (30 Min)	19:00
20:00	20:00 Short Way Home * Short Cut (26 Min)	20:30 Short Way Home * Short Cut (26 Min)	19:46 Intro & Bike Setup 20:00 Raise It Up ** Extended (87 Min)	20:16 Intro & Bike Setup 20:30 FunCruiser ** Short Cut (26 Min)	19:46 Intro & Bike Setup 20:00 Two Blocks *** Short Cut (26 Min)	20:16 Intro & Bike Setup 20:30 Two Blocks *** Short Cut (26 Min)	19:46 Intro & Bike Setup 20:00 JoyRider ** Extended (84 Min)	20:00
21:00	20:46 Intro & Bike Setup 21:00 Work It Out *** Extended (84 Min)	21:16 Intro & Bike Setup 21:30 Speed Blocks *** Basic (55 Min)		21:16 Intro & Bike Setup 21:30 Way Home ** Basic (58 Min)	20:46 Intro & Bike Setup 21:00 Speed Blocks *** Basic (55 Min)	21:16 Intro & Bike Setup 21:30 Speed Blocks *** Basic (55 Min)		21:00
22:00			21:46 Intro & Bike Setup 22:00 Short Way Home * Short Cut (26 Min)		22:00 Tritop * Short Cut (31 Min)		21:46 Intro & Bike Setup 22:00 Short Way Home * Short Cut (26 Min)	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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# 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	<b>05:46</b> Intro & Bike Setup <b>06:00</b> Let's Do It * Short Cut (28 Min)	<b>06:16</b> Intro & Bike Setup <b>06:30</b> Let's Do It * Short Cut (28 Min)	<b>05:46</b> Intro & Bike Setup <b>06:00</b> Work ** Short Cut (28 Min)	<b>06:16</b> Intro & Bike Setup <b>06:30</b> Work ** Short Cut (28 Min)	<b>05:46</b> Intro & Bike Setup <b>06:00</b> Tritop * Short Cut (31 Min)	<b>06:16</b> Intro & Bike Setup <b>06:30</b> Tritop * Short Cut (31 Min)	<b>05:46</b> Intro & Bike Setup <b>06:00</b> Work ** Short Cut (28 Min)	06:00
07:00								07:00

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