





# Kursplan, gültig ab 29.12.2016



## CyberRowing

	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> CyberRowing Intro & CyberRowing Technik <b>06:00</b> CyberRowing 06 ShortCut * Short Cut (26 Min)	<b>06:16</b> CyberRowing Intro & CyberRowing Technik <b>06:30</b> CyberRowing 06 ShortCut * Short Cut (26 Min)	<b>05:46</b> CyberRowing Intro & CyberRowing Technik <b>06:00</b> CyberRowing 05 ShortCut * Short Cut (26 Min)	<b>06:16</b> CyberRowing Intro & CyberRowing Technik <b>06:30</b> CyberRowing 05 ShortCut * Short Cut (26 Min)	<b>05:46</b> CyberRowing Intro & CyberRowing Technik <b>06:00</b> CyberRowing 02 ShortCut * Short Cut (24 Min)	<b>06:16</b> CyberRowing Intro & CyberRowing Technik <b>06:30</b> CyberRowing 06 ShortCut * Short Cut (26 Min)	<b>05:46</b> CyberRowing Intro & CyberRowing Technik <b>06:00</b> CyberRowing 05 ShortCut * Short Cut (26 Min)	06:00
07:00								07:00

Die CyberRowing 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