

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG	
07:00		07:00 Class 6 BASIC * (55 MIN.)			07:00 Class 11 BASIC * (50 MIN.)			07:00
08:00								08:00
09:00	08:44 INTRO + BIKE SETUP 09:00 Class 6 BASIC * (55 MIN.)			08:23 BIKE SETUP 08:30 Class 6 SHORT CUT * (30 MIN.)		08:59 INTRO + BIKE SETUP 09:15 Class 8 BASIC ** (55 MIN.)		09:00
10:00	10:15 Class 5 BEGINNER * (45 MIN.)	09:30 Class 9 BASIC *** (50 MIN.)	10:00 Class 8 BASIC ** (55 MIN.)	09:30 Class 11 BASIC * (50 MIN.)			10:00 Class 8 SHORT CUT * (30 MIN.)	10:00
11:00		10:44 INTRO + BIKE SETUP 11:00 Class 8 SHORT CUT * (30 MIN.)						11:00
12:00			11:23 BIKE SETUP 11:30 Class 12 SHORTCUT * (30 MIN.)		11:30 Class 12 SHORTCUT * (30 MIN.)	11:00 Class 9 BASIC *** (50 MIN.)	11:00 Class 9 BASIC *** (50 MIN.)	12:00
13:00								13:00
14:00								14:00
15:00						15:00 Class 8 EXTENDED*** (85 MIN.)		15:00
16:00							16:00 Class 6 BASIC * (55 MIN.)	16:00
17:00		16:59 INTRO + BIKE SETUP 17:15 Class 5 BEGINNER * (45 MIN.)		16:44 INTRO + BIKE SETUP 17:00 Class 12 BASIC * (55 MIN.)	16:53 BIKE SETUP 17:00 Class 12 SHORTCUT * (30 MIN.)	16:44 INTRO + BIKE SETUP 17:00 Class 5 BEGINNER * (45 MIN.)		17:00
18:00	17:53 BIKE SETUP 18:00 Class 11 SHORTCUT * (30 MIN.)		17:53 BIKE SETUP 18:00 Class 9 SHORTCUT*** (30 MIN.)		18:00 Class 11 BASIC * (50 MIN.)		17:23 BIKE SETUP 17:30 Class 10 BEGINNER * (45 MIN.)	18:00
19:00	19:15 Class 6 EXTENDED ** (80 MIN.)	19:15 Class 12 BASIC * (55 MIN.)	19:00 Class 12 EXTENDED** (80 MIN.)	18:30 Class 9 SHORTCUT*** (30 MIN.)				19:00
20:00				20:00 Class 11 EXTENDED * (80 MIN.)				20:00
21:00								21:00
22:00								22:00
23:00								23:00

Technik-Level: * leicht, ** gehoben, *** anspruchsvoll

Die CyberCycling Kurse haben zur Identifizierung fortlaufende Nummern. Diese haben nichts mit der Schwierigkeitsstufe zu tun.