

| | MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|-------|--|--|--|--|--|--|--|
| 07:00 | | | | | | | |
| 08:00 | 08:00 INTRO + BIKE SETUP 08:16 Class 5 BEGINNER * (45 MIN.) | | 08:00 INTRO + BIKE SETUP 08:16 Class 8 BASIC ** (55 MIN.) | 08:14 INTRO + BIKE SETUP 08:30 Class 6 SHORT CUT * (30 MIN.) | | | |
| 09:00 | | 09:14 INTRO + BIKE SETUP 09:30 Class 6 BASIC * (55 MIN.) | | 09:14 INTRO + BIKE SETUP 09:30 Class 8 BASIC ** (55 MIN.) | | | |
| 10:00 | 10:14 INTRO + BIKE SETUP 10:30 Class 6 SHORT CUT * (30 MIN.) | 10:44 INTRO + BIKE SETUP 13:04 Class 8 SHORT CUT * (30 MIN.) | | | 10:14 INTRO + BIKE SETUP 10:30 Class 8 SHORT CUT * (30 MIN.) | | 09:44 INTRO + BIKE SETUP 12:00 Class 9 EXTENDED*** (80 MIN.) |
| 11:00 | | | 11:14 INTRO + BIKE SETUP 11:30 Class 5 BEGINNER * (45 MIN.) | | | | |
| 12:00 | 11:44 INTRO + BIKE SETUP 12:00 Class 9 SHORTCUT*** (30 MIN.) | | | | | 12:08 INTRO + BIKE SETUP 12:24 Class 9 SHORTCUT*** (30 MIN.) | |
| 13:00 | | | | | | | |
| 14:00 | | | | | | | |
| 15:00 | | | | | | 14:44 INTRO + BIKE SETUP 15:00 Class 8 EXTENDED*** (85 MIN.) | |
| 16:00 | | | | | | | 15:44 INTRO + BIKE SETUP 16:00 Class 6 BASIC * (55 MIN.) |
| 17:00 | 17:44 INTRO + BIKE SETUP 18:00 Class 6 SHORT CUT * (30 MIN.) | 17:14 INTRO + BIKE SETUP 17:30 Class 8 SHORT CUT * (30 MIN.) | | 16:44 INTRO + BIKE SETUP 17:00 Class 9 BASIC *** (50 MIN.) | 16:44 INTRO + BIKE SETUP 17:00 Class 8 SHORT CUT * (30 MIN.) | 16:44 INTRO + BIKE SETUP 17:00 Class 5 BEGINNER * (45 MIN.) | 17:14 INTRO + BIKE SETUP 17:30 Class 8 SHORT CUT * (30 MIN.) |
| 18:00 | | | 17:44 INTRO + BIKE SETUP 18:00 Class 9 SHORTCUT*** (30 MIN.) | 18:14 INTRO + BIKE SETUP 18:30 Class 8 SHORT CUT * (30 MIN.) | 17:44 INTRO + BIKE SETUP 18:00 Class 6 BASIC * (55 MIN.) | | |
| 19:00 | | 18:59 INTRO + BIKE SETUP 19:15 Class 8 BASIC ** (55 MIN.) | 18:44 INTRO + BIKE SETUP 19:00 Class 6 EXTENDED ** (80 MIN.) | | | | |
| 20:00 | 19:18 INTRO 20:00 Class 5 BEGINNER * (45 MIN.) | | | 19:44 INTRO + BIKE SETUP 20:00 Class 6 BASIC * (55 MIN.) | | | |
| 21:00 | | | | | | | |
| 22:00 | | | | | | | |
| 23:00 | | | | | | | |

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

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