



CyberCycling

Kursplan, gültig ab 21.10.2017



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00	06:54 Bike Setup 07:00 Climb To The Max * Basic (49 Min)	06:46 Intro & Bike Setup 07:00 Let's Do It * Short Cut (28 Min)	Fullhand ** 07:24 Bike Setup 07:30 Sky's The Limit ** Short Cut (30 Min)	06:46 Intro & Bike Setup 07:00 High Roads ** Basic (52 Min)	Hillsides ** 07:24 Bike Setup 07:30 Two Blocks *** Short Cut (26 Min)			07:00
08:00	07:54 Bike Setup 08:00 Fullhand ** Basic (58 Min)	07:54 Bike Setup 08:00 Runtime *** Basic (54 Min)		08:01 Intro & Bike Setup 08:15 Mixed Ride ** Basic (55 Min)	08:01 Intro & Bike Setup 08:15 Burning Up ** Basic (53 Min)			08:00
09:00	09:01 Intro & Bike Setup 09:15 TranceForm ** Short Cut (31 Min)	09:24 Bike Setup 09:30 Fullhand ** Basic (58 Min)	09:16 Intro & Bike Setup 09:30 FunCruiser ** Short Cut (26 Min)	09:16 Intro & Bike Setup 09:30 ShortSport ** Short Cut (26 Min)	09:16 Intro & Bike Setup 09:30 Tritop * Short Cut (31 Min)	09:24 Bike Setup 09:30 Don't Stop ** Basic (54 Min)	09:16 Intro & Bike Setup 09:30 Hillsides ** Basic (55 Min)	09:00
10:00	10:16 Intro & Bike Setup 10:30 2 Pack * Short Cut (28 Min)	10:39 Bike Setup 10:45 High Roads ** Basic (52 Min)	10:01 Intro & Bike Setup 10:15 Climb To The Max * Basic (49 Min)	10:15 Work It *** Basic (55 Min)	10:09 Bike Setup 10:15 High Roads ** Basic (52 Min)			10:00
11:00	11:16 Intro & Bike Setup 11:30 Fullhand ** Basic (58 Min)					10:30 Tritop * Short Cut (31 Min)	10:45 Mixed Ride ** Basic (55 Min)	11:00
12:00		12:01 Intro & Bike Setup 12:15 Fire ** Basic (56 Min)	12:39 Bike Setup 12:45 Sevenup ** Extended (83 Min)	12:01 Intro & Bike Setup 12:15 Short Dance ** Short Cut (29 Min)		11:09 Bike Setup 11:15 FunCruiser ** Short Cut (26 Min)		12:00
13:00	13:09 Bike Setup 13:15 On Blast ** Extended (85 Min)	13:24 Bike Setup 13:30 Work It Out *** Extended (84 Min)		13:09 Bike Setup 13:15 Work It Out *** Extended (84 Min)	12:54 Bike Setup 13:00 Raise It Up ** Extended (87 Min)	11:54 Bike Setup 12:00 Stronger Faster Braver *** Extended (86 Min)	12:09 Bike Setup 12:15 All Terrain Ride ** Extended (85 Min)	13:00
14:00						13:39 Bike Setup 13:45 Pants On Fire ** Short Cut (27 Min)	13:46 Intro & Bike Setup 14:00 Short Way Home * Short Cut (26 Min)	14:00
15:00						14:31 Intro & Bike Setup 14:45 Don't Stop ** Basic (54 Min)	14:39 Bike Setup 14:45 Pants On Fire ** Short Cut (27 Min)	15:00
16:00						15:54 Bike Setup 16:00 2 Pack * Short Cut (28 Min)	15:31 Intro & Bike Setup 15:45 Rough Ride ** Basic (52 Min)	16:00
17:00						16:31 Intro & Bike Setup 16:45 Raise It Up ** Extended (87 Min)		17:00
18:00	17:26 Intro & Bike Setup 17:40 Climb To The Max * Basic (49 Min)	18:16 Intro & Bike Setup 18:30 Sky's The Limit ** Short Cut (30 Min)	17:16 Intro & Bike Setup 17:30 Burning Up ** Basic (53 Min)	18:01 Intro & Bike Setup 18:15 Climb To The Max * Basic (49 Min)	17:30 Mixed Ride ** Basic (55 Min)		17:24 Bike Setup 17:30 Long Way Home *** Extended (85 Min)	18:00
19:00	18:45 High Roads ** Basic (52 Min)	19:15 JoyRider ** Extended (84 Min)	18:39 Bike Setup 18:45 Rough & Ready ** Extended (85 Min)	19:15 Rough & Ready ** Extended (85 Min)	18:39 Bike Setup 18:45 Sevenup ** Extended (83 Min)		18:56 Intro & Bike Setup 19:10 2 Pack * Short Cut (28 Min)	19:00
20:00	19:54 Bike Setup 20:00 All Terrain Ride ** Extended (85 Min)		20:24 Bike Setup 20:30 Rough Cut ** Short Cut (28 Min)		20:16 Intro & Bike Setup 20:30 Climb To The Max * Basic (49 Min)	19:16 Intro & Bike Setup 19:30 Quick Ride ** Short Cut (27 Min)		20:00
21:00		20:54 Bike Setup 21:00 Climb To The Max * Basic (49 Min)	21:09 Bike Setup 21:15 Sky's The Limit ** Short Cut (30 Min)	20:46 Intro & Bike Setup 21:00 Fullhand ** Basic (58 Min)				21:00
22:00	21:39 Bike Setup 21:45 Don't Stop ** Basic (54 Min)		21:46 Intro & Bike Setup 22:00 Overjoy ** Basic (56 Min)		21:31 Intro & Bike Setup 21:45 Tritop * Short Cut (31 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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	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	06:15 ShortSport ** Short Cut (26 Min)		06:01 Intro & Bike Setup 06:15 Fullhand ** Basic (58 Min)		06:01 Intro & Bike Setup 06:15 Hillsides ** Basic (55 Min)			06:00
07:00								07:00

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