



CyberCycling

# Kursplan, gültig ab 12.02.2015



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:00						
07:30 2 Pack * Short Cut (28 Min)	07:30 Let's Do It * Short Cut (28 Min)	07:30 Tritop * Short Cut (31 Min)	07:30 Sky's The Limit ** Short Cut (30 Min)	07:30 Runtime *** Basic (54 Min)		
08:00						
08:30 Let's Do It * Short Cut (28 Min)	08:30 Tritop * Short Cut (31 Min)	08:30 FunCruiser ** Short Cut (26 Min)	08:30 Burning Up ** Basic (53 Min)	08:30 2 Pack * Short Cut (28 Min)	08:30 2 Pack * Short Cut (28 Min)	08:30 Tritop * Short Cut (31 Min)
09:00						
09:30 Tritop * Short Cut (31 Min)	09:30 FunCruiser ** Short Cut (26 Min)	09:30 QuickMix ** Short Cut (27 Min)	09:30 Fullhand ** Basic (58 Min)	09:30 Sky's The Limit ** Short Cut (30 Min)	09:30 Let's Do It * Short Cut (28 Min)	09:30 FunCruiser ** Short Cut (26 Min)
10:00						
10:30 FunCruiser ** Short Cut (26 Min)	10:30 QuickMix ** Short Cut (27 Min)	10:30 Short Dance ** Short Cut (29 Min)	10:30 Open Roads ** Basic (50 Min)	10:30 Overjoy ** Basic (56 Min)	10:30 FunCruiser ** Short Cut (26 Min)	10:30 Tritop * Short Cut (31 Min)
11:00						
11:30 QuickMix ** Short Cut (27 Min)	11:30 Short Dance ** Short Cut (29 Min)	11:30 Sky's The Limit ** Short Cut (30 Min)	11:30 Runtime *** Basic (54 Min)	11:30 Paceface *** Basic (51 Min)	11:30 Short Dance ** Short Cut (29 Min)	11:30 QuickMix ** Short Cut (27 Min)
12:00						
12:30 Short Dance ** Short Cut (29 Min)	12:30 Sky's The Limit ** Short Cut (30 Min)	12:30 Climb To The Max * Basic (49 Min)	12:30 JoyRider ** Extended (84 Min)	12:30 Runtime *** Basic (54 Min)	12:30 Climb To The Max * Basic (49 Min)	12:30 Runtime *** Basic (54 Min)
13:00						
13:30 Sky's The Limit ** Short Cut (30 Min)	13:30 Climb To The Max * Basic (49 Min)	13:30 Burning Up ** Basic (53 Min)		13:30 Short Dance ** Short Cut (29 Min)	13:30 Burning Up ** Basic (53 Min)	13:30 Open Roads ** Basic (50 Min)
14:00						
14:30 Climb To The Max * Basic (49 Min)	14:30 Burning Up ** Basic (53 Min)	14:30 Fullhand ** Basic (58 Min)	14:30 Climb To The Max * Basic (49 Min)	14:30 2 Pack * Short Cut (28 Min)	14:30 Overjoy ** Basic (56 Min)	14:30 High Roads ** Basic (52 Min)
15:00						
15:30 Burning Up ** Basic (53 Min)	15:30 Fullhand ** Basic (58 Min)	15:30 High Roads ** Basic (52 Min)	15:30 Raise It Up ** Extended (81 Min)	15:30 QuickMix ** Short Cut (27 Min)	15:30 Runtime *** Basic (54 Min)	15:30 Overjoy ** Basic (56 Min)
16:00						
16:30 Fullhand ** Basic (58 Min)	16:30 High Roads ** Basic (52 Min)	16:30 Open Roads ** Basic (50 Min)		16:30 Raise It Up ** Extended (81 Min)	16:30 FunCruiser ** Short Cut (26 Min)	16:30 FunCruiser ** Short Cut (26 Min)
17:00						
17:30 High Roads ** Basic (52 Min)	17:30 Open Roads ** Basic (50 Min)	17:30 Overjoy ** Basic (56 Min)	17:30 Let's Do It * Short Cut (28 Min)		17:30 Short Dance ** Short Cut (29 Min)	17:30 Let's Do It * Short Cut (28 Min)
18:00						
18:30 Open Roads ** Basic (50 Min)	18:30 Paceface *** Basic (51 Min)	18:30 Sky's The Limit ** Short Cut (30 Min)	18:30 Burning Up ** Basic (53 Min)	18:30 Tritop * Short Cut (31 Min)	18:30 Climb To The Max * Basic (49 Min)	18:30 2 Pack * Short Cut (28 Min)
19:00						
19:30 Paceface *** Basic (51 Min)	19:30 Runtime *** Basic (54 Min)	19:30 Short Dance ** Short Cut (29 Min)	19:30 Open Roads ** Basic (50 Min)	19:30 Overjoy ** Basic (56 Min)		
20:00						
20:30 Runtime *** Basic (54 Min)	20:30 JoyRider ** Extended (84 Min)	20:30 2 Pack * Short Cut (28 Min)	20:30 FunCruiser ** Short Cut (26 Min)	20:30 Open Roads ** Basic (50 Min)		
21:00						
21:30 2 Pack * Short Cut (28 Min)		21:30 Let's Do It * Short Cut (28 Min)	21:30 Tritop * Short Cut (31 Min)	21:30 Sky's The Limit ** Short Cut (30 Min)		
22:00						
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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