



Kursplan, gültig ab 03.12.2018



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06:30	SpiritRide - RoadEdition ** Extended (84 Min)	Four Blocks *** Extended (86 Min)	Energize * Extended (83 Min)	JoyRider ** Extended (84 Min)	Sevenup ** Extended (83 Min)	All Terrain Ride ** Extended (85 Min)	Long Way Home *** Extended (85 Min)	06:30
08:00	08:02 Burning Up ** Basic (53 Min)	08:00 Rise Strong ** Basic (56 Min)	08:02 SpacePace * Basic (53 Min)	08:00 Rise Strong ** Basic (56 Min)	08:02 Fire ** Basic (56 Min)	08:00 Evolution *** Extended (81 Min)	08:00 Edge Of Heaven ** Extended (79 Min)	08:00
09:00								09:00
10:00	09:26 Intro & Bike Setup 09:40 Stroking Limits *** Extended (84 Min)	09:26 Intro & Bike Setup 09:40 Mixed Ride ** Basic (55 Min)	09:26 Intro & Bike Setup 09:40 Don't Stop ** Basic (54 Min)	09:26 Intro & Bike Setup 09:40 SpacePace * Basic (53 Min)	09:26 Intro & Bike Setup 09:40 Crash & Burn II *** Basic (52 Min)	09:30 Rise Strong ** Basic (56 Min)	09:29 Stronger Faster Braver *** Extended (86 Min)	10:00
11:00		10:44 Intro & Bike Setup 10:58 SportyShorty * Short Cut (30 Min)	11:00 Born Strong * Short Cut (26 Min)	10:43 Intro & Bike Setup 10:57 ShortSport ** Short Cut (26 Min)	10:44 Intro & Bike Setup 10:58 Work ** Short Cut (28 Min)	11:00 Born Strong * Short Cut (26 Min)	10:58 Mixed Ride ** Basic (55 Min)	11:00
12:00	11:33 Pulse - Road Edition * Basic (53 Min)	11:32 Speed Blocks *** Basic (55 Min)	11:32 FeelGood * Basic (55 Min)	11:30 Way Home ** Basic (58 Min)	11:30 Riding The Waves *** Basic (52 Min)	11:30 Crash & Burn II *** Basic (52 Min)		12:00
13:00	12:30 JoyRider ** Extended (84 Min)	12:29 Evolution *** Extended (81 Min)	12:30 Stroking Limits *** Extended (84 Min)	12:30 Energize * Extended (83 Min)	12:29 Raise It Up ** Extended (87 Min)	12:30 Evolution *** Extended (81 Min)	12:31 Sevenup ** Extended (83 Min)	13:00
14:00	14:00 All Terrain Ride ** Extended (85 Min)	14:00 Energize * Extended (83 Min)	14:00 Edge Of Heaven ** Extended (79 Min)	14:00 JoyRider ** Extended (84 Min)	14:00 Stay Strong ** Extended (86 Min)	14:00 Raise It Up ** Extended (87 Min)	14:00 Stay Strong ** Extended (86 Min)	14:00
15:00								15:00
16:00	15:30 Born Strong * Short Cut (26 Min) 16:00 Born Strong * Short Cut (26 Min)	15:32 Overjoy ** Basic (56 Min)	15:30 Fire ** Basic (56 Min)	15:31 Overjoy ** Basic (56 Min)	15:32 Rough Ride ** Basic (52 Min)	15:31 HardLiner ** Basic (57 Min)	15:30 FourTops * Basic (54 Min)	16:00
17:00	16:31 Rough & Ready ** Extended (85 Min)	16:31 Raise It Up ** Extended (87 Min)	16:30 Stay Strong ** Extended (86 Min)	16:31 Edge Of Heaven ** Extended (79 Min)	16:31 Work It Out *** Extended (84 Min)	16:30 Stay Strong ** Extended (86 Min)	16:31 Evolution *** Extended (81 Min)	17:00
18:00	18:04 FourTops * Basic (54 Min)	18:04 HillSides ** Basic (55 Min)	18:04 Open Roads ** Basic (50 Min)	18:04 Pacerface *** Basic (51 Min)	18:04 Open Roads ** Basic (50 Min)	18:04 HillSides ** Basic (55 Min)	18:04 SpacePace * Basic (53 Min)	18:00
19:00								19:00
20:00	19:35 Pulse - Road Edition * Basic (53 Min)	19:35 Burning Up ** Basic (53 Min)	19:33 Way Home ** Basic (58 Min)	19:35 Don't Stop ** Basic (54 Min)	19:34 Speed Blocks *** Basic (55 Min)	19:02 Stroking Limits *** Extended (84 Min)	19:10 Evolution *** Extended (81 Min)	20:00
21:00	20:30 Climb To The Max * Basic (49 Min)	20:30 Stay Strong ** Extended (86 Min)	20:33 Raise It Up ** Extended (87 Min)	20:31 Four Blocks *** Extended (86 Min)	20:31 Energize * Extended (83 Min)	20:31 Stroking Limits *** Extended (84 Min)	20:36 Four Blocks *** Extended (86 Min)	21:00
22:00								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								06:00
07:00	06:17 Intro & Bike Setup 06:31 SpiritRide - RoadEdition ** Extended (84 Min)	06:17 Intro & Bike Setup 06:31 Four Blocks *** Extended (86 Min)	06:17 Intro & Bike Setup 06:31 Energize * Extended (83 Min)	06:17 Intro & Bike Setup 06:31 JoyRider ** Extended (84 Min)	06:15 Intro & Bike Setup 06:29 Sevenup ** Extended (83 Min)	06:17 Intro & Bike Setup 06:31 All Terrain Ride ** Extended (85 Min)	06:17 Intro & Bike Setup 06:31 Long Way Home *** Extended (85 Min)	07:00

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