

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:00						07:00
08:00						08:00
09:00	09:00 Intro & Bike Setup 09:15 FirstFlight * Beginners (45 Min)	09:00 Intro & Bike Setup 09:15 FlyAway * Short Cut (27 Min)	09:00 Intro & Bike Setup 09:15 Track&Trance * Short Cut (29 Min)	09:00 Intro & Bike Setup 09:15 LiftIt * Short Cut (28 Min)		
10:00	10:05 FlyAway * Short Cut (27 Min)	09:45 SmartRide - Road Edition *** Short Cut (31 Min)		09:50 FirstRide * Beginners (40 Min)		
11:00	10:35 TranceForm ** Short Cut (31 Min)	10:20 Pulse - Road Edition * Basic (53 Min)		10:40 Pulse * Basic (53 Min)		
11:10	11:10 FeelGood * Basic (55 Min)	11:15 FeelGood * Basic (55 Min)				
12:00			11:23 Bike Setup 11:30 FirstRide * Beginners (40 Min)	11:35 HillSeeker * Short Cut (31 Min)		11:30 SmartRide - Road Edition *** Short Cut (31 Min)
12:10	12:10 SpiritRide - RoadEdition ** Extended (84 Min)	12:15 SpiritRide - RoadEdition ** Extended (84 Min)	12:15 HardLiner ** Basic (57 Min)	12:15 Pulse - Road Edition * Basic (53 Min)		12:10 WellCome * Beginners (45 Min)
13:00		12:50 WellCome * Beginners (45 Min)	13:15 SpacePace * Basic (53 Min)	13:15 Meet The Beat *** Basic (52 Min)		13:15 Intro & Bike Setup 13:30 Pulse - Road Edition * Basic (53 Min)
14:00	13:37 Pulse * Basic (53 Min)	13:45 FlyAway * Short Cut (27 Min)	13:40 Meet The Beat *** Basic (52 Min)		13:45 Intro & Bike Setup 14:00 WellCome * Beginners (45 Min)	14:30 SpacePace * Basic (53 Min)
15:00	14:35 Pulse - Road Edition * Basic (53 Min)	14:15 Pulse * Basic (53 Min)	14:15 Pulse - Road Edition * Basic (53 Min)	14:15 Track&Trance * Short Cut (29 Min)	14:50 Energize * Extended (83 Min)	
16:00	15:33 Crash&Burn *** Extended (82 Min)	15:10 Intro & Bike Setup 15:25 Track&Trance * Short Cut (29 Min)	15:40 Pulse - Road Edition * Basic (53 Min)	15:15 FirstRide * Beginners (40 Min)	14:55 Meet The Beat *** Basic (52 Min)	15:30 FirstRide * Beginners (40 Min)
17:00	16:00 RockRunner ** Basic (53 Min)	16:00 RockRunner ** Basic (53 Min)	16:10 Pulse * Basic (53 Min)	16:20 TranceForm ** Short Cut (31 Min)	15:55 SpiritRide - RoadEdition ** Extended (84 Min)	16:15 SmartRide - Road Edition *** Short Cut (31 Min)
17:00	17:00 FirstRide * Beginners (40 Min)	17:00 Pulse - Road Edition * Basic (53 Min)	16:40 SmartRide - Road Edition *** Short Cut (31 Min)	17:00 Pulse - Road Edition * Basic (53 Min)		16:50 SpacePace * Basic (53 Min)
18:00		17:15 Meet The Beat *** Basic (52 Min)	17:10 Meet The Beat *** Basic (52 Min)	17:00 Pulse - Road Edition * Basic (53 Min)	17:25 FirstRide * Beginners (40 Min)	
18:00	18:00 SportyShorty * Short Cut (30 Min)	18:10 FlyAway * Short Cut (27 Min)	18:10 SpiritRide - RoadEdition ** Extended (84 Min)	18:00 SpacePace * Basic (53 Min)	18:10 SmartRide - Road Edition *** Short Cut (31 Min)	
19:00	18:35 HardLiner ** Basic (57 Min)					
20:00			19:45 Pulse - Road Edition * Basic (53 Min)	20:00 Intro & Bike Setup 20:15 Pulse - Road Edition * Basic (53 Min)		
21:00	20:10 SmartRide - Road Edition *** Short Cut (31 Min)	20:10 Pulse - Road Edition * Basic (53 Min)	20:45 FirstFlight * Beginners (45 Min)	21:15 SmartRide *** Short Cut (31 Min)		
21:00	20:45 Pulse - Road Edition * Basic (53 Min)	21:15 Pulse - Road Edition * Basic (53 Min)	21:05 LiftIt * Short Cut (28 Min)			
22:00			21:40 LiftIt * Short Cut (28 Min)			
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



CyberCycling® Kursplan, gültig ab 20.01.2012



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