

# CyberCycling Kursplan

	MO	DI	MI	DO	FR	SA	SO
07:00							
08:00							
09:00	08:45 INTRO + BIKE SETUP 09:01 Class 3 ** (50 MIN.)	09:00 INTRO + BIKE SETUP 09:16 Class 8 BASIC ** (55 MIN.)	08:45 INTRO + BIKE SETUP 09:01 Class 7 ** (60 MIN.)	09:00 INTRO + BIKE SETUP 09:16 Class 10 BEGINNER * (45 MIN.)	09:00 INTRO + BIKE SETUP 09:16 Class 4 ** (55 MIN.)		
10:00	10:00 INTRO + BIKE SETUP 10:16 Class 8 SHORT CUT * (30 MIN.)		10:30 INTRO + BIKE SETUP 10:46 Class 8 EXTENDED*** (85 MIN.)			09:45 INTRO + BIKE SETUP 10:01 Class 2 * (55 MIN.)	10:00 INTRO + BIKE SETUP 10:16 Class 4 ** (55 MIN.)
11:00							
12:00							
13:00		13:00 INTRO + BIKE SETUP 13:16 Class 4 ** (55 MIN.)			13:15 INTRO + BIKE SETUP 13:31 Class 8 BASIC ** (55 MIN.)		13:00 INTRO + BIKE SETUP 13:16 Class 6 EXTENDED ** (80 MIN.)
14:00						13:45 INTRO + BIKE SETUP 14:01 Class 4 ** (55 MIN.)	
15:00							
16:00							16:00 INTRO + BIKE SETUP 16:16 Class 5 BEGINNER * (45 MIN.)
17:00	16:45 BIKE SETUP + INTRO 17:01 Class 6 * (55 MIN.)		17:30 INTRO + BIKE SETUP				
18:00		17:45 INTRO + BIKE SETUP 18:01 Class 2 * (55 MIN.)	17:46 Class 6 * (55 MIN.)	17:45 INTRO + BIKE SETUP 18:01 Class 6 SHORT CUT * (30 MIN.)	17:45 INTRO + BIKE SETUP 18:01 Class 3 ** (50 MIN.)	17:45 INTRO + BIKE SETUP 18:01 Class 8 EXTENDED*** (85 MIN.)	18:00 INTRO + BIKE SETUP 18:16 Class 6 * (55 MIN.)
19:00	18:45 INTRO + BIKE SETUP 19:01 Class 6 SHORT CUT * (30 MIN.)	19:00 INTRO + BIKE SETUP 19:16 Class 10 BEGINNER * (45 MIN.)	18:45 INTRO + BIKE SETUP 19:01 Class 6 EXTENDED ** (80 MIN.)	18:45 INTRO + BIKE SETUP 19:01 Class 9 BASIC *** (50 MIN.)	19:00 INTRO + BIKE SETUP 19:16 Class 9 EXTENDED*** (80 MIN.)		
20:00	19:45 INTRO + BIKE SETUP 20:01 Class 2 * (55 MIN.)	20:02 INTRO + BIKE SETUP 20:18 Class 8 SHORT CUT * (30 MIN.)		20:00 INTRO + BIKE SETUP 20:16 Class 1 **** (50 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.