

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG	
07:00								07:00
	07:14 INTRO + BIKE SETUP	07:14 INTRO + BIKE SETUP	07:14 INTRO + BIKE SETUP	07:14 INTRO + BIKE SETUP	07:14 INTRO + BIKE SETUP	07:14 INTRO + BIKE SETUP	07:14 INTRO + BIKE SETUP	
	07:30 Class 14 SHORTCUT * (30 MIN.)	07:30 Class 13 SHORTCUT** (30 MIN.)	07:30 Class 9 SHORTCUT*** (30 MIN.)	07:30 Class 5 BEGINNER * (45 MIN.)	07:30 Class 9 ROAD SHORT* (30 MIN.)	07:30 Class 13 SHORTCUT** (30 MIN.)	07:30 Class 5 BEGINNER * (45 MIN.)	
08:00								08:00
	08:44 INTRO + BIKE SETUP	08:44 INTRO + BIKE SETUP	08:44 INTRO + BIKE SETUP	08:44 INTRO + BIKE SETUP	08:44 INTRO + BIKE SETUP	08:44 INTRO + BIKE SETUP	08:44 INTRO + BIKE SETUP	
	09:00 Class 12 BASIC * (55 MIN.)	09:00 Class 12 ROAD EXT.* (80 MIN.)	09:00 Class 6 ROAD BASIC* (55 MIN.)	09:00 Class 6 ROAD BASIC* (55 MIN.)	09:00 Class 12 BASIC * (55 MIN.)	09:00 Class 12 ROAD EXT.* (80 MIN.)	09:00 Class 6 ROAD BASIC* (55 MIN.)	
09:00								09:00
	10:44 INTRO + BIKE SETUP	10:44 INTRO + BIKE SETUP	10:44 INTRO + BIKE SETUP	10:44 INTRO + BIKE SETUP	10:44 INTRO + BIKE SETUP	10:44 INTRO + BIKE SETUP	10:44 INTRO + BIKE SETUP	
	11:00 Class 8 EXTENDED*** (85 MIN.)	11:00 Class 8 BASIC ** (55 MIN.)	11:00 Class 6 EXTENDED ** (80 MIN.)	11:00 Class 11 BASIC * (50 MIN.)	11:00 Class 9 EXTENDED*** (80 MIN.)	11:00 Class 11 BASIC * (50 MIN.)	11:00 Class 6 EXTENDED ** (80 MIN.)	
10:00								10:00
11:00								11:00
12:00								12:00
13:00								13:00
14:00								14:00
15:00								15:00
	14:44 INTRO + BIKE SETUP	14:44 INTRO + BIKE SETUP	14:44 INTRO + BIKE SETUP	14:44 INTRO + BIKE SETUP	14:44 INTRO + BIKE SETUP	14:44 INTRO + BIKE SETUP	14:44 INTRO + BIKE SETUP	
	15:00 Class 6 ROAD BASIC* (55 MIN.)	15:00 Class 5 BEGINNER * (45 MIN.)	15:00 Class 11 BASIC * (50 MIN.)	15:00 Class 8 BASIC ** (55 MIN.)	15:00 Class 6 * (55 MIN.)	15:00 Class 12 BASIC * (55 MIN.)	15:00 Class 12 ROAD EXT.* (80 MIN.)	
16:00								16:00
17:00								17:00
	16:44 INTRO + BIKE SETUP	16:44 INTRO + BIKE SETUP	16:44 INTRO + BIKE SETUP	16:44 INTRO + BIKE SETUP	16:44 INTRO + BIKE SETUP	16:44 INTRO + BIKE SETUP	16:44 INTRO + BIKE SETUP	
	17:00 Class 12 BASIC * (55 MIN.)	17:00 Class 10 BEGINNER * (45 MIN.)	17:00 Class 9 EXTENDED*** (80 MIN.)	17:00 Class 6 * (55 MIN.)	17:00 Class 15 BEGINNER * (45 MIN.)	17:00 Class 12 BASIC * (55 MIN.)	17:00 Class 10 BEGINNER * (45 MIN.)	
18:00								18:00
19:00								19:00
	18:44 INTRO + BIKE SETUP	18:44 INTRO + BIKE SETUP	18:44 INTRO + BIKE SETUP	18:44 INTRO + BIKE SETUP	18:44 INTRO + BIKE SETUP	18:53 BIKE SETUP	18:44 INTRO + BIKE SETUP	
	19:00 Class 9 SHORTCUT*** (30 MIN.)	19:00 Class 6 SHORT CUT * (30 MIN.)	19:00 Class 9 ROAD SHORT* (30 MIN.)	19:00 Class 8 SHORT CUT * (30 MIN.)	19:00 Class 9 ROAD SHORT* (30 MIN.)	19:00 Class 12 SHORTCUT * (30 MIN.)	19:00 Class 12 EXTENDED** (80 MIN.)	
20:00								20:00
	19:44 INTRO + BIKE SETUP	19:44 INTRO + BIKE SETUP	19:44 INTRO + BIKE SETUP	19:44 INTRO + BIKE SETUP	19:44 INTRO + BIKE SETUP	19:44 INTRO + BIKE SETUP	19:44 INTRO + BIKE SETUP	
	20:00 Class 12 ROAD EXT.* (80 MIN.)	20:00 Class 12 ROAD EXT.* (80 MIN.)	20:00 Class 6 EXTENDED ** (80 MIN.)	20:00 Class 12 ROAD EXT.* (80 MIN.)	20:00 Class 12 EXTENDED** (80 MIN.)	20:00 Class 11 EXTENDED * (80 MIN.)		
21:00								21:00
22:00								22:00
23:00								23:00

Technik-Level: * leicht, ** gehoben, * anspruchsvoll**

Die CyberCycling Kurse haben zur Identifizierung fortlaufende Nummern. Diese haben nichts mit der Schwierigkeitsstufe zu tun.