



Kursplan, gültig ab 09.07.2013



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00	06:45 Intro & Bike Setup 07:00 Finisher * Short Cut (28 Min)	06:45 Intro & Bike Setup 07:00 HillSeeker * Short Cut (31 Min)	06:45 Intro & Bike Setup 07:00 LiftIt * Short Cut (28 Min)	06:45 Intro & Bike Setup 07:00 Track&Trance * Short Cut (29 Min)	06:45 Intro & Bike Setup 07:00 Tritop * Short Cut (31 Min)			07:00
08:00								08:00
09:00	08:45 Intro & Bike Setup 09:00 FeelGood * Basic (55 Min)	08:45 Intro & Bike Setup 09:00 Crash&Burn *** Extended (82 Min)	08:45 Intro & Bike Setup 09:00 Meet The Beat *** Basic (52 Min)	08:45 Intro & Bike Setup 09:00 Fullhand ** Basic (58 Min)	08:45 Intro & Bike Setup 09:00 Energize * Extended (83 Min)	08:15 Intro & Bike Setup 08:30 Finisher * Short Cut (28 Min)	08:15 Intro & Bike Setup 08:30 FlowClimb ** Short Cut (31 Min)	09:00
10:00						09:45 Intro & Bike Setup 10:00 Edge Of Heaven ** Extended (79 Min)	09:45 Intro & Bike Setup 10:00 Paceface *** Basic (51 Min)	10:00
11:00	10:45 Intro & Bike Setup 11:00 Energize * Extended (83 Min)	10:45 Intro & Bike Setup 11:00 Pulse * Basic (53 Min)	10:45 Intro & Bike Setup 11:00 FirstFlight * Beginners (45 Min)	10:53 Bike Setup 11:00 Finisher * Short Cut (28 Min)	10:45 Intro & Bike Setup 11:00 HardLiner ** Basic (57 Min)			11:00
12:00								12:00
13:00								13:00
14:00						13:45 Intro & Bike Setup 14:00 Paceface *** Basic (51 Min)	13:45 Intro & Bike Setup 14:00 WellCome * Beginners (45 Min)	14:00
15:00	14:45 Intro & Bike Setup 15:00 FourTops * Basic (54 Min)	14:45 Intro & Bike Setup 15:00 SpiritRide - RoadEdition ** Extended (84 Min)	14:45 Intro & Bike Setup 15:00 Pulse * Basic (53 Min)	14:45 Intro & Bike Setup 15:00 Pulse * Basic (53 Min)	14:45 Intro & Bike Setup 15:00 SportyShorty * Short Cut (30 Min)			15:00
16:00						15:45 Intro & Bike Setup 16:00 FirstRide * Beginners (45 Min)	15:45 Intro & Bike Setup 16:00 FeelGood * Basic (55 Min)	16:00
17:00	16:45 Intro & Bike Setup 17:00 SpiritRide - RoadEdition ** Extended (84 Min)	16:45 Intro & Bike Setup 17:00 HillSeeker * Short Cut (31 Min)	16:45 Intro & Bike Setup 17:00 Paceface *** Basic (51 Min)	16:45 Intro & Bike Setup 17:00 FeelGood * Basic (55 Min)	16:45 Intro & Bike Setup 17:00 Sevenup ** Extended (83 Min)			17:00
18:00						17:45 Intro & Bike Setup 18:00 Evolution *** Extended (81 Min)	17:45 Intro & Bike Setup 18:00 SpiritRide - RoadEdition ** Extended (84 Min)	18:00
19:00	18:45 Intro & Bike Setup 19:00 Finisher * Short Cut (28 Min)	18:45 Intro & Bike Setup 19:00 SmartRide *** Short Cut (31 Min)	18:45 Intro & Bike Setup 19:00 FlowClimb ** Short Cut (31 Min)	18:45 Intro & Bike Setup 19:00 SportyShorty * Short Cut (30 Min)	18:45 Intro & Bike Setup 19:00 HillSeeker * Short Cut (31 Min)			19:00
20:00	19:45 Intro & Bike Setup 20:00 Evolution *** Extended (81 Min)	19:45 Intro & Bike Setup 20:00 Sevenup ** Extended (83 Min)	19:45 Intro & Bike Setup 20:00 Edge Of Heaven ** Extended (79 Min)	19:45 Intro & Bike Setup 20:00 Energize * Extended (83 Min)	19:45 Intro & Bike Setup 20:00 SpiritRide - RoadEdition ** Extended (84 Min)	20:15 Intro & Bike Setup 20:30 SportyShorty * Short Cut (30 Min)	20:15 Intro & Bike Setup 20:30 Tritop * Short Cut (31 Min)	20:00
21:00								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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