



CyberCycling

Kursplan, gültig ab 01.05.2016



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:00						07:00
08:00	08:00 Catch Me ** Short Cut (27 Min)	08:00 Rough Cut ** Short Cut (28 Min)	08:00 FlowClimb ** Short Cut (31 Min)	07:46 Intro & Bike Setup 08:00 FirstFlight * Beginners (45 Min)	07:54 Bike Setup 08:00 HillSeeker * Short Cut (31 Min)	08:00
09:00	08:40 Sky's The Limit ** Short Cut (30 Min)	08:40 SmartRide - Road Edition *** Short Cut (31 Min)	08:44 Bike Setup 08:50 Let's Do It * Short Cut (28 Min)	08:59 Bike Setup 09:05 FeelGood * Basic (55 Min)	08:40 QuickMix ** Short Cut (27 Min)	09:00
10:00	09:20 Runtime *** Basic (54 Min)	09:29 Bike Setup 09:35 Climb To The Max * Basic (49 Min)	09:30 Don't Stop ** Basic (54 Min)	10:10 RockRunner ** Basic (53 Min)	09:20 Overjoy ** Basic (56 Min)	10:00
11:00		10:35 Riding The Waves *** Basic (52 Min)				11:00
12:00						12:00
13:00						13:00
14:00						14:00
15:00						15:00
16:00						16:00
17:00	17:00 Don't Stop ** Basic (54 Min)		17:00 Rough & Ready ** Extended (85 Min)		17:00 Burning Up ** Basic (53 Min)	17:00
18:00	18:05 ShortSport ** Short Cut (26 Min)				18:05 Catch Me ** Short Cut (27 Min)	18:00
19:00	18:40 Runtime *** Basic (54 Min)	19:00 Rough Ride ** Basic (52 Min)	18:35 Catch Me ** Short Cut (27 Min)	19:00 Rough Ride ** Basic (52 Min)	18:45 Rough & Ready ** Extended (85 Min)	19:00
20:00	19:49 Bike Setup 19:55 Short Way Home * Short Cut (26 Min)	20:04 Bike Setup 20:10 SportyShorty * Short Cut (30 Min)	19:14 Bike Setup 19:20 FlyAway * Short Cut (27 Min)	20:10 Rough Cut ** Short Cut (28 Min)		20:00
21:00		20:00 SmartRide - Road Edition *** Short Cut (31 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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