

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG	
07:00								07:00
		07:08 BIKE SETUP		07:08 BIKE SETUP				
		07:15 Class 8 SHORT CUT * (30 MIN.)		07:15 Class 8 SHORT CUT * (30 MIN.)				
08:00		07:53 BIKE SETUP		07:53 BIKE SETUP				08:00
	08:14 INTRO + BIKE SETUP	08:00 Class 9 BASIC *** (50 MIN.)		08:00 Class 5 BEGINNER * (45 MIN.)	08:08 BIKE SETUP			
	08:30 Class 5 BEGINNER * (45 MIN.)		08:23 BIKE SETUP		08:15 Class 9 SHORTCUT*** (30 MIN.)			
09:00			08:30 Class 9 SHORTCUT*** (30 MIN.)					09:00
						09:14 INTRO + BIKE SETUP		
		09:44 INTRO + BIKE SETUP				09:30 Class 10 BEGINNER * (45 MIN.)	09:23 BIKE SETUP	
10:00	09:53 BIKE SETUP	10:00 Class 10 BEGINNER * (45 MIN.)					09:30 Class 8 BASIC ** (55 MIN.)	
	10:00 Class 9 BASIC *** (50 MIN.)							
			10:38 BIKE SETUP		10:23 BIKE SETUP	10:23 BIKE SETUP		
11:00	10:59 INTRO + BIKE SETUP		10:45 Class 8 BASIC ** (55 MIN.)	10:44 INTRO + BIKE SETUP	10:30 Class 9 BASIC *** (50 MIN.)	10:30 Class 9 BASIC *** (50 MIN.)		11:00
	11:15 Class 10 BEGINNER * (45 MIN.)	11:08 BIKE SETUP		11:00 Class 10 BEGINNER * (45 MIN.)				
		11:15 Class 8 SHORT CUT * (30 MIN.)			11:30 Class 8 SHORT CUT * (30 MIN.)			
12:00			11:44 INTRO + BIKE SETUP	11:53 BIKE SETUP		11:53 BIKE SETUP		12:00
	12:08 BIKE SETUP		12:00 Class 10 BEGINNER * (45 MIN.)	12:00 Class 9 BASIC *** (50 MIN.)	12:14 INTRO + BIKE SETUP	12:00 Class 9 EXTENDED*** (80 MIN.)		
	12:15 Class 8 BASIC ** (55 MIN.)				12:30 Class 10 BEGINNER * (45 MIN.)			
13:00		12:53 BIKE SETUP	12:53 BIKE SETUP					13:00
		13:00 Class 8 EXTENDED*** (85 MIN.)	13:00 Class 8 EXTENDED*** (85 MIN.)					
	13:23 BIKE SETUP			13:23 BIKE SETUP	13:23 BIKE SETUP			
14:00	13:30 Class 9 EXTENDED*** (80 MIN.)			13:30 Class 8 EXTENDED*** (85 MIN.)	13:30 Class 8 BASIC ** (55 MIN.)	13:44 INTRO + BIKE SETUP	13:44 INTRO + BIKE SETUP	14:00
						14:00 Class 5 BEGINNER * (45 MIN.)	14:00 Class 10 BEGINNER * (45 MIN.)	
15:00		14:44 INTRO + BIKE SETUP			14:53 BIKE SETUP	14:53 BIKE SETUP	14:53 BIKE SETUP	15:00
	15:08 BIKE SETUP	15:00 Class 5 BEGINNER * (45 MIN.)			15:00 Class 9 BASIC *** (50 MIN.)	15:00 Class 8 BASIC ** (55 MIN.)	15:00 Class 9 EXTENDED*** (80 MIN.)	
	15:15 Class 8 BASIC ** (55 MIN.)		15:23 BIKE SETUP	15:23 BIKE SETUP				
16:00		15:53 BIKE SETUP	15:30 Class 8 SHORT CUT * (30 MIN.)	15:30 Class 8 SHORT CUT * (30 MIN.)		16:00 Class 9 BASIC *** (50 MIN.)		16:00
		16:00 Class 8 SHORT CUT * (30 MIN.)	16:08 BIKE SETUP					
		16:38 BIKE SETUP	16:15 Class 9 SHORTCUT*** (30 MIN.)					
17:00		16:45 Class 9 SHORTCUT*** (30 MIN.)	16:53 BIKE SETUP				16:44 INTRO + BIKE SETUP	17:00
			17:00 Class 9 SHORTCUT*** (30 MIN.)		17:14 INTRO + BIKE SETUP		17:00 Class 10 BEGINNER * (45 MIN.)	
					17:30 Class 5 BEGINNER * (45 MIN.)			
18:00							17:53 BIKE SETUP	18:00
							18:00 Class 9 BASIC *** (50 MIN.)	
19:00						18:38 BIKE SETUP		19:00
						18:45 Class 8 SHORT CUT * (30 MIN.)	19:00 Class 8 SHORT CUT * (30 MIN.)	
20:00								20:00
21:00		21:08 BIKE SETUP	21:08 BIKE SETUP		21:08 BIKE SETUP			21:00
		21:15 Class 8 BASIC ** (55 MIN.)	21:15 Class 9 SHORTCUT*** (30 MIN.)	21:23 BIKE SETUP	21:15 Class 9 BASIC *** (50 MIN.)			
22:00	21:38 BIKE SETUP		21:53 BIKE SETUP	21:30 Class 9 BASIC *** (50 MIN.)				22:00
	21:45 Class 9 BASIC *** (50 MIN.)		22:00 Class 8 SHORT CUT * (30 MIN.)		22:15 Class 8 SHORT CUT * (30 MIN.)			
		22:20 Class 9 SHORTCUT*** (30 MIN.)		22:30 Class 8 SHORT CUT * (30 MIN.)				
23:00					22:53 BIKE SETUP			23:00
					23:00 Class 9 SHORTCUT*** (30 MIN.)			

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

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