

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06.00	06:15 Work It *** Basic (55 Min)	06:15 Rough Ride ** Basic (52 Min)	06:15 Fire ** Basic (56 Min)	06:15 Fire ** Basic (56 Min)	06:15 Work It Out *** Extended (84 Min)			06.00
07.00	07:30 Two Blocks *** Basic (55 Min)	07:10 Don't Stop ** Basic (54 Min)	07:30 Tritop * Short Cut (31 Min)	07:30 Don't Stop ** Basic (54 Min)	07:45 Catch Me ** Short Cut (27 Min)			07.00
08.00	08:15 Work It *** Basic (55 Min)	08:15 Fire ** Basic (56 Min)	08:15 Rough Ride ** Basic (52 Min)	08:45 Rough Ride ** Basic (52 Min)	08:15 Crash & Burn II *** Basic (52 Min)	08:15 On Blast ** Extended (85 Min)	08:15 Rough & Ready ** Extended (85 Min)	08.00
09.00	09:30 Work It Out *** Extended (84 Min)	09:30 Rough & Ready ** Extended (85 Min)	09:30 On Blast ** Extended (85 Min)		09:30 Don't Stop ** Basic (54 Min)	09:45 ShortSport ** Short Cut (26 Min)	09:45 ShortSport ** Short Cut (26 Min)	09.00
10.00				10:00 Rough & Ready ** Extended (85 Min)	10:45 ShortSport ** Short Cut (26 Min)	10:15 Fire ** Basic (56 Min)	10:15 Work ** Short Cut (28 Min)	10.00
11.00	11:15 Don't Stop ** Basic (54 Min)	11:15 Fire ** Basic (56 Min)	11:30 Rough Ride ** Basic (52 Min)	11:45 Tritop * Short Cut (31 Min)	11:45 Tritop * Short Cut (31 Min)	11:30 Don't Stop ** Basic (54 Min)	11:00 Work It Out *** Extended (84 Min)	11.00
12.00	12:30 Rough Ride ** Basic (52 Min)	12:30 Work It *** Basic (55 Min)	12:45 ShortSport ** Short Cut (26 Min)	12:30 Catch Me ** Short Cut (27 Min)	12:30 Rough Ride ** Basic (52 Min)	12:45 Fire ** Basic (56 Min)	12:30 Rough Ride ** Basic (52 Min)	12.00
13.00			13:45 Work ** Short Cut (28 Min)	13:30 Fire ** Basic (56 Min)	13:45 Rough Cut ** Short Cut (28 Min)			13.00
14.00	14:00 Catch Me ** Short Cut (27 Min)	14:00 Rough Cut ** Short Cut (28 Min)	14:45 Rough Ride ** Basic (52 Min)	14:45 Rough Ride ** Basic (52 Min)	14:45 Don't Stop ** Basic (54 Min)	14:00 Rough Ride ** Basic (52 Min)	14:00 On Blast ** Extended (85 Min)	14.00
15.00	15:00 Work It *** Basic (55 Min)	15:15 ShortSport ** Short Cut (26 Min)				15:15 ShortSport ** Short Cut (26 Min)	15:45 Catch Me ** Short Cut (27 Min)	15.00
16.00	16:15 Rough Ride ** Basic (52 Min)	16:30 Burning Up ** Basic (53 Min)	16:00 Fire ** Basic (56 Min)	16:00 Rough Cut ** Short Cut (28 Min) 16:45 Don't Stop ** Basic (54 Min)	16:00 Work ** Short Cut (28 Min)	16:15 Don't Stop ** Basic (54 Min)	16:30 Tritop * Short Cut (31 Min)	16.00
17.00	17:30 Work It Out *** Extended (84 Min)	17:45 Catch Me ** Short Cut (27 Min)	17:00 Work It Out *** Extended (84 Min)	17:45 Work It *** Basic (55 Min)	17:00 Work It Out *** Extended (84 Min)	17:30 On Blast ** Extended (85 Min)	17:15 Work It Out *** Extended (84 Min)	17.00
18.00		18:45 Tritop * Short Cut (31 Min)	18:45 Rough Ride ** Basic (52 Min)		18:45 Don't Stop ** Basic (54 Min)			18.00
19.00	19:00 Rough Ride ** Basic (52 Min)	19:30 Work It Out *** Extended (84 Min)		19:00 Work ** Short Cut (28 Min)		19:15 Fire ** Basic (56 Min)	19:30 Fire ** Basic (56 Min)	19.00
20.00	20:15 On Blast ** Extended (85 Min)		20:00 On Blast ** Extended (85 Min)	20:15 Raise It Up ** Extended (87 Min)	20:00 On Blast ** Extended (85 Min)	20:30 Rough Ride ** Basic (52 Min)	20:45 Rough Ride ** Basic (52 Min)	20.00
21.00		21:15 Tritop * Short Cut (31 Min)	21:45 Tritop * Short Cut (31 Min)		21:45 Fire ** Basic (56 Min)	21:45 Catch Me ** Short Cut (27 Min)	21:45 Work ** Short Cut (28 Min)	21.00
22.00	22:00 Don't Stop ** Basic (54 Min)	22:00 Rough Cut ** Short Cut (28 Min)		22:00 Open Roads ** Basic (50 Min)				22.00

Die CyberCycling-Classes sind in 3 Technik-Level unterteilt, die sowohl farblich als auch durch Sternchen (*, ** oder ***) gekennzeichnet sind.

Level *: Anfänger/fortgeschrittene Anfänger

Level **: Fortgeschrittene

Level ***: hoher Anspruch, auch für Fortgeschrittene