

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag | |
|-------|--|---|--|---|---|---|---|-------|
| 06.00 | 06:15 Master Ride ** Extended (85 Min) | 06:15 Rough Ride ** Basic (52 Min) | 06:15 In The Red *** Extended (85 Min) | 06:15 Fire ** Basic (56 Min) | 06:15 On Blast ** Extended (85 Min) | | | 06.00 |
| 07.00 | 07:42 Two Blocks *** Short Cut (26 Min) | 07:10 Don't Stop ** Basic (54 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