

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06.00	06:15 Burning Up ** Basic (53 Min)	06:15 ShortSport ** Short Cut (26 Min)	06:15 Fullhand ** Basic (58 Min)	06:15 High Roads ** Basic (52 Min)	06:15 Fire ** Basic (56 Min)			06.00
07.00	07:30 FunCruiser ** Short Cut (26 Min)	07:00 Fire ** Basic (56 Min)	07:30 QuickMix ** Short Cut (26 Min)	07:30 Climb To The Max * Basic (49 Min)	07:30 2 Pack * Short Cut (28 Min)			07.00
08.00	08:15 High Roads ** Basic (52 Min)	08:15 Open Roads ** Basic (50 Min)	08:15 Burning Up ** Basic (53 Min)	08:45 Fullhand ** Basic (58 Min)	08:15 Hillsides ** Basic (55 Min)	08:15 High Roads ** Basic (52 Min)	08:16 FunCruiser ** Short Cut (26 Min)	08.00
09.00	09:30 Raise It Up ** Extended (87 Min)	09:30 On Blast ** Extended (85 Min)	09:30 Sevenup ** Extended (83 Min)		09:30 High Roads ** Basic (52 Min)	09:30 FunCruiser ** Short Cut (26 Min)	09:00 Fullhand ** Basic (58 Min)	09.00
10.00				10:00 JoyRider ** Extended (84 Min)	10:45 Short Dance ** Short Cut (29 Min)	10:15 Climb To The Max * Basic (49 Min)	10:15 ShortSport ** Short Cut (26 Min)	10.00
11.00	11:15 Open Roads ** Basic (50 Min)	11:15 Fullhand ** Basic (58 Min)	11:30 Climb To The Max * Basic (49 Min)	11:45 Let's Do It * Short Cut (28 Min)	11:45 Tritop * Short Cut (31 Min)	11:30 Burning Up ** Basic (53 Min)	11:00 Fire ** Basic (56 Min)	11.00
12.00	12:30 Fire ** Basic (56 Min)	12:30 Climb To The Max * Basic (49 Min)	12:45 QuickMix ** Short Cut (27 Min)	12:30 Short Way Home * Short Cut (26 Min)	12:30 Burning Up ** Basic (53 Min)	12:45 Fire ** Basic (56 Min)	12:30 Climb To The Max * Basic (49 Min)	12.00
13.00			13:45 Let's Do It * Short Cut (28 Min)	13:30 Open Roads ** Basic (50 Min)	13:45 Short Dance ** Short Cut (29 Min)			13.00
14.00	14:00 Sky's The Limit ** Short Cut (30 Min)	14:00 Hillsides ** Basic (55 Min)	14:45 Fullhand ** Basic (58 Min)	14:45 High Roads ** Basic (52 Min)	14:45 High Roads ** Basic (52 Min)	14:00 Hillsides ** Basic (55 Min)	14:00 On Blast ** Extended (85 Min)	14.00
15.00	15:00 Burning Up ** Basic (53 Min)	15:15 Fire ** Basic (56 Min)				15:15 ShortSport ** Short Cut (26 Min)	15:45 Let's Do It * Short Cut (28 Min)	15.00
16.00	16:15 Hillsides ** Basic (55 Min)	16:30 Burning Up ** Basic (53 Min)	16:00 High Roads ** Basic (52 Min)	16:00 Tritop * Short Cut (31 Min) 16:45 Open Roads ** Basic (50 Min)	16:00 Climb To The Max * Basic (49 Min)	16:15 High Roads ** Basic (52 Min)	16:30 Short Way Home * Short Cut (26 Min)	16.00
17.00	17:30 Sevenup ** Extended (83 Min)	17:45 Open Roads ** Basic (50 Min)	17:00 Long Way Home *** Extended (85 Min)	17:45 Climb To The Max * Basic (49 Min)	17:00 Raise It Up ** Extended (87 Min)	17:30 On Blast ** Extended (85 Min)	17:15 Sevenup ** Extended (83 Min)	17.00
18.00		18:45 Sky's The Limit ** Short Cut (30 Min)	18:45 Way Home ** Basic (58 Min)		18:45 Climb To The Max * Basic (49 Min)			18.00
19.00	19:00 Open Roads ** Basic (50 Min)	19:30 JoyRider ** Extended (84 Min)		19:00 Burning Up ** Basic (53 Min)		19:15 Open Roads ** Basic (50 Min)	19:30 Burning Up ** Basic (53 Min)	19.00
20.00	20:15 On Blast ** Extended (85 Min)		20:00 Sevenup ** Extended (83 Min)	20:15 Raise It Up ** Extended (87 Min)	20:00 On Blast ** Extended (85 Min)	20:30 Fullhand ** Basic (58 Min)	20:45 Way Home ** Basic (58 Min)	20.00
21.00		21:15 Way Home ** Basic (58 Min)	21:45 Short Dance ** Short Cut (29 Min)		21:45 Fire ** Basic (56 Min)	21:45 QuickMix ** Short Cut (26 Min)	21:45 Short Way Home * Short Cut (26 Min)	21.00
22.00	22:00 Hillsides ** Basic (55 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