

Kursplan



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06:00	06:30 2 Pack* 28min	06:30 Jump & Run** 27min	06:30 Let's Do It* 28min	06:30 All Terrain Ride** 85min	06:30 Jump & Run** 27min	06:30 Open Roads** 51min	06:30 Mixed Ride** 56min
07:00	07:00 Across The Borderline* 84min	07:00 Climb To The Max* 49min	07:00 All In One** 27min		07:00 Paceface*** 52min		07:30 Keep The Pressure*** 85min
			07:30 Build The Pressure** 57min			07:30 In The Red*** 86min	
08:00		08:00 All In* 27min		08:00 Don't Stop** 54min	08:00 Quick Pressure** 26min		
	08:30 Born Strong* 27min	08:30 Build Fire** 55min	08:30 Crash & Burn II*** 52min		08:30 Roll With Me*** 55min		
09:00	09:00 Catch Me** 27min			09:00 Feel The Difference** 52min		09:00 Build The Pressure** 57min	09:00 ShortSport** 26min
	09:30 Fire** 57min	09:30 Four Blocks*** 86min	09:30 Hillsides** 56min		09:30 Sevenup** 83min		09:30 On Blast** 86min
10:00				10:00 In The Red*** 86min		10:00 Master Ride** 86min	
	10:30 Fullhand** 58min		10:30 Keep The Pressure*** 85min				
11:00		11:00 High Roads** 53min			11:00 Work It*** 55min		11:00 More Than Cycling** 57min
	11:30 FunCruiser** 27min			11:30 Let's Do It* 28min		11:30 Wave Balance** 106min	
12:00	12:00 Long Way Home*** 85min	12:00 Paceface*** 52min	12:00 Overjoy** 56min	12:00 Way Home** 58min	12:00 Rough Cut** 28min		12:00 Let's Do It* 28min
					12:30 Raise It Up** 87min		12:30 JoyRider** 85min
13:00		13:00 Roll With Me Long*** 85min	13:00 Rough Cut** 28min	13:00 Jump & Run** 27min		13:30 Stoking Limits*** 85min	
	13:30 Across The Borderline* 84min		13:30 Two Blocks*** 26min	13:30 Pants On Fire** 28min			
14:00			14:00 Warrior* 54min	14:00 QuickMix** 27min	14:00 Overjoy** 56min		14:00 Build Fire** 55min
		14:30 Short Way Home* 27min		14:30 Rough Ride** 52min			
15:00	15:00 2 Pack* 28min	15:00 Short Dance** 30min	15:00 Work** 28min	15:30 Born Strong* 27min	15:00 Roll With Me*** 55min	15:00 On Blast** 86min	15:00 Warrior* 54min
	15:30 Rough & Ready** 86min	15:30 Rough Ride** 52min	15:30 More Than Cycling** 57min	16:00 Warrior* 54min			16:00 Across The Borderline* 84min
16:00		16:30 Roll With Me*** 55min	16:30 Long Way Home*** 85min		16:00 All In* 27min	16:30 Master Ride** 86min	
				17:00 More Than Cycling** 57min	16:30 JoyRider** 85min		17:30 JoyRider** 85min
17:00	17:00 Sevenup** 83min	17:30 Riding The Waves*** 53min					
			18:00 High Roads** 53min	18:00 Fire** 57min	18:00 Burning Up** 53min	18:00 Feel The Difference** 52min	
18:00	18:30 Work It Out*** 85min	18:30 Hillsides** 56min					
			19:00 Work It*** 55min	19:00 Two Pack** 54min	19:00 Warrior* 54min	19:00 Burning Up** 53min	19:00 Work It*** 55min
19:00		19:30 FunCruiser** 27min					
20:00	20:00 Wave Balance** 106min	20:00 Work It Out*** 85min	20:00 Stronger Faster Braver 86min	20:00 Stoking Limits*** 85min	20:00 Rough & Ready** 86min	20:00 All Terrain Ride** 85min	20:00 Two Pack** 54min
							21:00 Speed Blocks*** 56min
21:00		21:30 Don't Stop** 54min	21:30 Born Strong* 27min	21:30 All In One** 27min	21:30 Four Blocks*** 86min	21:30 Work It Out*** 85min	
			22:00 Crash & Burn II*** 52min	22:00 Climb To The Max* 49min			22:00 Warrior* 54min
22:00	22:00 Fullhand** 58min	22:30 Catch Me** 27min					

Level *: Anfänger/fortgeschrittene Anfänger

Level **: Fortgeschrittene

Level ***: hoher Anspruch auch für Fortgeschrittene