

	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 Open Roads** 51min
07:00	07:00 Quick Pressure** 26min	07:00 Climb To The Max* 49min	07:00 All In One** 27min		07:00 Paceface*** 52min		
	07:30 Quick Pressure** 26min		07:30 Build The Pressure** 57min			07:30 GF Sky Walker** 26min	07:30 Keep The Pressure*** 85min
08:00	08:00 Speed Blocks*** 56min	08:00 Quick Limits*** 26min		08:00 Don't Stop** 54min	08:00 Quick Pressure** 26min	08:00 GF Speed Game*** 55min	
		08:30 Build Fire** 55min	08:30 Riding The Waves*** 53min		08:30 Work It*** 55min		
09:00	09:00 Catch Me** 27min			09:00 Four Blocks*** 86min		09:00 Build The Pressure** 57min	09:00 GF Basic Buddy** 60min
	09:30 Build Fire** 55min	09:30 GF HIIT It* 60min	09:30 Way Home** 58min		09:30 Sevenup** 83min		
10:00	10:30 Fullhand** 58min		10:30 Keep The Pressure*** 85min	10:30 2 Pack* 28min		10:00 Quick Ride** 28min	10:02 Tritop* 31min
		10:40 Bike Setup* 5min		11:00 Bike Setup* 5min		10:30 QuickMix** 27min	
11:00	11:30 QuickMix** 27min	11:00 GF Drifting Away** 50min		11:30 Let's Do It* 28min	11:00 All In* 27min		11:00 More Than Cycling** 57min
				11:30 Bike Setup* 5min		11:30 Wave Balance** 106min	
12:00	12:00 Long Way Home*** 85min	12:00 Paceface*** 52min	12:00 GF Double Hopper** 56min	12:00 Way Home** 58min	12:00 Raise It Up** 87min		12:00 Let's Do It* 28min
				13:00 Jump & Run** 27min			12:30 GF Tri Action** 86min
13:00	13:30 Across The Borderline* 84min	13:00 Roll With Me Long*** 85min	13:30 Rough Cut** 28min	13:30 Pants On Fire** 28min		13:30 Stroking Limits*** 85min	
			13:30 Two Blocks*** 26min	14:00 QuickMix** 27min			14:00 The Dark Side Of Climl 58min
14:00		14:30 Quick Ride** 28min	14:00 Warrior 01* 54min	14:30 Rough Ride** 52min	14:00 Overjoy** 56min		
				15:00 Bom Strong* 27min			
15:00	15:00 2 Pack* 28min	15:00 Short Dance** 30min	15:00 Work** 28min		15:00 Build Fire** 55min	15:00 On Blast** 86min	15:00 Warrior 01* 54min
	15:30 Rough & Ready** 86min	15:30 Rough Ride** 52min	15:30 More Than Cycling** 57min	16:00 Warrior 01* 54min			
16:00		16:30 Roll With Me*** 55min	16:30 Long Way Home*** 85min	17:00 Warrior 02* 55min	16:00 All In* 27min	16:30 Master Ride** 86min	16:00 Across The Borderline* 84min
					16:30 JoyRider** 85min		
17:00	17:00 Sevenup** 83min	17:30 Riding The Waves*** 53min					17:30 JoyRider** 85min
			18:00 High Roads** 53min	18:00 Fire** 57min	18:05 Rough Ride** 52min	18:00 Feel The Difference** 52min	
18:00	18:30 Work It Out*** 85min	18:30 GF Drifting Away** 50min					
			19:00 GF Dodo Runrun** 56min	19:00 Two Pack** 54min	19:00 Warrior 01* 54min	19:00 Riding The Waves*** 53min	19:00 Warrior 02* 55min
19:00		19:30 FunCruiser** 27min					
	20:00 Work It Out*** 85min	20:00 Work It Out*** 85min	20:00 Stronger Faster Braver 86min	20:00 GF One Size** 25min	20:00 Rough & Ready** 86min	20:00 All Terrain Ride** 85min	20:00 Two Pack** 54min
20:00				20:30 GF Push It** 26min			
				21:00 Bike Setup* 5min			21:00 Speed Blocks*** 56min
21:00		21:30 Don't Stop** 54min	21:30 Bom Strong* 27min	21:30 All In One** 27min	21:30 Four Blocks*** 86min	21:30 Work It Out*** 85min	
22:00	22:00 Work** 28min		22:00 Crash & Burn II*** 52min	22:00 Climb To The Max* 49min			22:00 Warrior 01* 54min
		22:30 Catch Me** 27min					

Level *: Anfänger/fortgeschrittene Anfänger

Level **: Fortgeschrittene

Level ***: hoher Anspruch auch für Fortgeschrittene