



CyberConcept

Kursplan, gültig ab 03.03.2015



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00	06:46 Intro & Bike Setup 07:00 Burning Up ** Basic (53 Min)	07:00 Dance 03 ShortCut * Short Cut (27 Min) 07:30 BauchBeinePo 03 ** Short Cut (26 Min)	07:00 CoreWork 01 ** Short Cut (29 Min) 07:32 Basic Stretching * CyberTraining (12 Min)	07:00 Dance 01 ShortCut ** Short Cut (29 Min) 07:46 Intro & Bike Setup	07:00 BauchBeinePo 04 ** Short Cut (26 Min) 07:30 FatAttack 04 *** Short Cut (26 Min)	07:00 Combat 01 *** Short Cut (27 Min) 07:30 Pilates02 * Short Cut (26 Min)	07:00 BauchBeinePo 01 ** Short Cut (27 Min) 07:30 Basic Stretching * CyberTraining (12 Min)	07:00
08:00	08:00 RückenFit01 * Short Cut (27 Min) 08:30 Basic Stretching * CyberTraining (12 Min)		08:00 Pilates 04 * Short Cut (27 Min)	08:00 Let's Do It * Short Cut (28 Min)	08:00 Pilates 03 * Short Cut (27 Min)	08:00 BauchBeinePo 01 ** Short Cut (27 Min)	08:00 CoreWork 03 ** Short Cut (25 Min)	08:00
09:00	09:00 BodyVital 01 * Short Cut (27 Min)	09:00 RückenFit02 * Short Cut (27 Min)	09:00 RückenFit01 * Short Cut (27 Min) 09:30 Basic Stretching * CyberTraining (12 Min)	09:00 Combat 01 *** Short Cut (27 Min)	08:46 Intro & Bike Setup 09:00 Sky's The Limit ** Short Cut (30 Min)	09:00 RückenFit01 * Short Cut (27 Min)	08:46 Intro & Bike Setup 09:00 Burning Up ** Basic (53 Min)	09:00
10:00	10:00 Pilates01 * Short Cut (27 Min)	10:00 Pilates 04 * Short Cut (27 Min) 10:30 Basic Stretching * CyberTraining (12 Min)	10:00 RückenFit03 * Short Cut (26 Min)	10:00 RückenFit02 * Short Cut (27 Min)	10:00 BodyVital 01 * Short Cut (27 Min)	10:00 Pilates 04 * Short Cut (27 Min)	10:00 Pilates 03 * Short Cut (27 Min)	10:00
11:00	10:46 Intro & Bike Setup 11:00 Let's Do It * Short Cut (28 Min)	11:00 BauchBeinePo 01 ** Short Cut (27 Min)	11:00 Let's Do It * Short Cut (28 Min)	11:00 Pilates01 * Short Cut (27 Min)	11:00 RückenFit04 ** Short Cut (26 Min)	10:46 Intro & Bike Setup 11:00 FunCruiser ** Short Cut (26 Min)	11:00 RückenFit03 * Short Cut (26 Min)	11:00
12:00	12:00 Pilates 03 * Short Cut (27 Min)	12:00 BodyVital 01 * Short Cut (27 Min)	12:00 TotalBodyWorkout 01 ** Short Cut (27 Min)	12:00 BodyVital 01 * Short Cut (27 Min)	12:00 TotalBodyWorkout 05 *** Short Cut (26 Min)	12:00 CoreWork 01 ** Short Cut (29 Min)	11:46 Intro & Bike Setup 12:00 QuickMix ** Short Cut (27 Min)	12:00
13:00	13:00 BauchBeinePo 01 ** Short Cut (27 Min) 13:30 Basic Stretching * CyberTraining (12 Min)	13:00 FatAttack 01 *** Short Cut (27 Min) 13:46 Intro & Bike Setup	13:00 BauchBeinePo 02 ** Short Cut (27 Min)	13:00 TotalBodyWorkout 02 ** Short Cut (27 Min) 13:30 Basic Stretching * CyberTraining (12 Min)	13:00 CoreWork 01 ** Short Cut (29 Min)	13:00 BauchBeinePo 05 *** Short Cut (26 Min)	13:00 CoreWork 03 ** Short Cut (25 Min)	13:00
14:00	14:00 Pilates 03 * Short Cut (27 Min)	14:00 Tritop * Short Cut (31 Min)	14:00 FatAttack 04 *** Short Cut (26 Min)	14:00 TotalBodyWorkout 05 *** Short Cut (26 Min)	14:00 RückenFit02 * Short Cut (27 Min)	14:00 CoreWork 03 ** Short Cut (25 Min)	14:00 BauchBeinePo 02 ** Short Cut (27 Min)	14:00
15:00	15:00 FatAttack 03 ** Short Cut (26 Min)	15:00 TotalBodyWorkout 03 ** Short Cut (27 Min)	14:46 Intro & Bike Setup 15:00 High Roads ** Basic (52 Min)	15:00 BauchBeinePo 01 ** Short Cut (27 Min)	14:46 Intro & Bike Setup 15:00 QuickMix ** Short Cut (27 Min)	15:00 Pilates01 * Short Cut (27 Min) 15:30 Dance 03 ShortCut * Short Cut (27 Min)	15:00 RückenFit04 ** Short Cut (26 Min)	15:00
16:00	15:46 Intro & Bike Setup 16:00 Paceface *** Basic (51 Min)	16:00 CoreWork 01 ** Short Cut (29 Min) 16:32 Basic Stretching * CyberTraining (12 Min)	16:00 Pilates 03 * Short Cut (27 Min) 16:30 RückenFit03 * Short Cut (26 Min)	16:00 CoreWork 03 ** Short Cut (25 Min) 16:30 TotalBodyWorkout 02 ** Short Cut (27 Min)	16:00 Combat 01 *** Short Cut (27 Min) 16:30 Basic Stretching * CyberTraining (12 Min)	16:00 BodyVital 01 * Short Cut (27 Min) 16:46 Intro & Bike Setup	16:00 TotalBodyWorkout 03 ** Short Cut (27 Min) 16:30 Pilates 03 * Short Cut (27 Min)	16:00
17:00	17:00 RückenFit01 * Short Cut (27 Min) 17:30 Combat 01 *** Short Cut (27 Min)	17:00 Let's Do It * Short Cut (28 Min) 17:30 Dance 02 ShortCut ** Short Cut (27 Min)	17:00 CoreWork 03 ** Short Cut (25 Min) 17:30 FatAttack 01 *** Short Cut (27 Min)	17:00 Dance 02 Basic ** Beginners (43 Min)	17:00 CoreWork 04 ** Short Cut (26 Min) 17:30 Let's Do It * Short Cut (28 Min)	17:00 Burning Up ** Basic (53 Min)	17:00 Dance 01 ShortCut ** Short Cut (27 Min) 17:30 FatAttack 03 ** Short Cut (26 Min)	17:00
18:00	18:00 BauchBeinePo 02 ** Short Cut (27 Min) 18:30 Dance 03 ShortCut * Short Cut (27 Min)	18:00 RückenFit04 ** Short Cut (26 Min) 18:30 Combat 01 *** Short Cut (27 Min)	18:00 Dance 01 Basic *** Basic (53 Min)	18:00 Open Roads ** Basic (50 Min)	18:00 Dance 02 Basic ** Beginners (43 Min)	18:00 RückenFit01 * Short Cut (27 Min) 18:30 BauchBeinePo 01 ** Short Cut (27 Min)	18:00 Dance 02 ShortCut ** Short Cut (27 Min) 18:30 Sevenup ** Extended (83 Min)	18:00
19:00	19:00 Dance 03 Basic * Beginners (42 Min)	19:00 FatAttack 03 ** Short Cut (26 Min) 19:30 Pilates 04 * Short Cut (27 Min)	19:00 Raise It Up ** Extended (81 Min)	19:00 FatAttack 03 ** Short Cut (26 Min) 19:30 BauchBeinePo 04 ** Short Cut (26 Min)	19:00 Sevenup ** Extended (83 Min)	19:00 Pilates02 * Short Cut (26 Min) 19:30 Dance 01 Basic *** Basic (53 Min)		19:00
20:00	20:00 CoreWork 03 ** Short Cut (25 Min) 20:30 FatAttack 04 *** Short Cut (26 Min)	20:00 Dance 02 Basic ** Beginners (43 Min)	20:30 CoreWork 04 ** Short Cut (26 Min)	20:00 Pilates 04 * Short Cut (27 Min) 20:30 TotalBodyWorkout 03 ** Short Cut (27 Min)	20:30 Pilates 03 * Short Cut (27 Min)	20:30 CoreWork 02 ** Short Cut (27 Min)	20:00 Combat 01 *** Short Cut (27 Min) 20:30 Basic Stretching * CyberTraining (12 Min)	20:00
21:00	21:00 Burning Up ** Basic (53 Min)	21:00 FatAttack 04 *** Short Cut (26 Min) 21:30 Basic Stretching * CyberTraining (12 Min)	21:00 BauchBeinePo 03 ** Short Cut (26 Min) 21:30 TotalBodyWorkout 01 ** Short Cut (27 Min)	21:00 Combat 02 *** Short Cut (27 Min) 21:30 Basic Stretching * CyberTraining (12 Min)	21:00 Climb To The Max ** Basic (49 Min)	21:00 Fullhand ** Basic (58 Min)	21:00 CoreWork 04 ** Short Cut (26 Min) 21:30 FatAttack 03 ** Short Cut (26 Min)	21:00
22:00	22:00 TotalBodyWorkout 03 ** Short Cut (27 Min) 22:30 Basic Stretching * CyberTraining (12 Min)	22:00 JoyRider ** Extended (84 Min)	22:00 TotalBodyWorkout 01 ** Short Cut (27 Min) 22:30 Dance 01 Basic *** Basic (53 Min)	22:00 CoreWork 01 ** Short Cut (29 Min) 22:32 Basic Stretching * CyberTraining (12 Min)	22:00 BauchBeinePo 05 *** Short Cut (26 Min) 22:29 Basic Stretching * CyberTraining (12 Min)		22:00 Runtime *** Basic (54 Min)	22:00
23:00								23:00

Die CyberConcept Classes sind in 3 Technik-Level unterteilt, die farblich und durch Sternchen (*, ** oder ***) gekennzeichnet sind.

Level *: Anfänger/fortgeschrittene Anfänger

Level **: Fortgeschrittene

Level ***: hoher Anspruch auch für Fortgeschrittene



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