

DONNERSTAG, 08.09.

| | Musik | CX | Dirt | Enduro | Gravel | Messe | Sidesport |
|-------|---|----|--|---|--|---------------------------------|-------------------------------------|
| 15.00 | | | | | | | 15.00 - 20.00 Bike Fitness |
| 15.30 | | | | | | | Sportiol Sportbunker |
| 16.00 | | | 15.00 - 19.00 offene Jam Session <small>FMB Line</small> | 15.00 - 19.00 offenes Training <small>Trailcenter</small> | | 15.00 - 21.00 Messe geöffnet | |
| 16.30 | | | | | | | |
| 17.00 | | | | | | | |
| 17.30 | | | | | | | |
| 18.00 | | | | | 18.00 - 20.00 Sundowner Gravel Tour <small>geführt, 25 km/330 hm</small> | | 18.00 - 18.45 Functional Fitness |
| 18.30 | | | | | | | 19.00 - 20.00 Cycling |
| 19.00 | 19.00 - 21.00 DJ Dan Wood <small>Hauptbühne</small> | | | | | | |
| 19.30 | | | | | | | |
| 20.00 | | | | | | | |
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| 21.00 | | | | | | | |
| 21.30 | | | | | | | |
| 22.00 | 21.00 - 02.00 Warmup Party mit | | | | | | |
| 22.30 | | | | | | | |
| 23.00 | Mountain Raggae Radio <small>Hauptbühne</small> | | | | | | |
| 23.30 | | | | | | | |
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| | Kids+Girls | Fahrtechnik | Kids+Teens | Schrauber | Airbag | Trial Area | Weiteres |
|-------|------------|---|--|--|-------------------------------------|------------------|---|
| | MTB-ABC | Jordan Hugo | Abgefahren Fahren | DAV Sektion Aschaffenburg | Jump Solutions | Bike Brothers | |
| 15.00 | | | | 15.00 - 16.30 Tubeless, Reifen, Schläuche | | | |
| 15.30 | | | | | | | |
| 16.00 | | | 15.30 - 17.30 Kids+Teens Fahrtechnik Basic 12-16Jahre | | 16.00 - 17.00 betreutes Training | | 15.00 - 19.00 Live-Rahmenbau <small>Le Canard Messe</small> |
| 16.30 | | 16.30 - 17.00 Bike Setup | | 16.30 - 18.00 Fahrwerk einstellen | | | |
| 17.00 | | | | | | | |
| 17.30 | | 17.30 - 19.00 Fahrtechnik Enduro Advanced | 17.30 - 19.30 Kids+Teens Enduro-Ausfahrt 12-16Jahre | 18.00 - 19.30 Ergonomie Setup | 17.00 - 19.00 Airbag geöffnet | | |
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FREITAG, 09.09.

| | Musik | CX | Dirt | Enduro | Gravel | Messe | Sidesport |
|-------|---|--|--|--|---|------------------------------------|---|
| 08:00 | | | | | | | Sportiel |
| 08:30 | | | | | | | |
| 09:00 | 09.00 - 10.30 DJ Chris Whap-a-dang Food Area | | | | | | 09.00 - 10.00 Morning Yoga |
| 09:30 | | | | | | | |
| 10:00 | | | | | | | 10.00 - 19.00 Bike Fitness |
| 10:30 | | | | | | | Sportiel Sportbunker |
| 11:00 | | | 10.00 - 16.00 Anmeldung + freies Training | | | | |
| 11:30 | | | | | 11.00 - 14.00 Free Gravel Ride | | |
| 12:00 | | | | | | | |
| 12:30 | | | Cash4Tricks Contest | 10.00 - 17.00 freies Training | geführt, 30 km/510 hm | | |
| 13:00 | 13.00 - 14.30 Sebastian Schimmer Food Area | | und | Prolog Stage/ Duallslalom + Samstag Stages | | | |
| 13:30 | | 13.00 - 16.00 freies Training | offene Jam Session | | | 10.00 - 19.00 Messe geöffnet | 14.00 - 15.00 Fazien & Mobility Training |
| 14:00 | | | FMB Line | | | | |
| 14:30 | 14.30 - 16.00 DJ MA1A Monster Energy FMB Line | | | | | | 15.00 - 16.00 Pilates Flow |
| 15:00 | | | | | 15.00 - 17.00 ROSE Gravel Ride | | |
| 15:30 | | | | | Start: ROSE-Stand 25 km/330 hm | | |
| 16:00 | | 16.00 - 17.00 Masters 3/4 (30 min) | | | | | |
| 16:30 | | | 16.00 - 18.00 FMB Training | | | | 16.30 - 17.30 Cycling |
| 17:00 | 16.00 - 19.00 DJ Schimmi CX Area | 17.00 - 18.00 Hobby1 m/w (30 min) | | | | | |
| 17:30 | | | | 17.00 - 20.00 Prolog Stage Duallslalom | | | |
| 18:00 | | 18.00 - 19.00 Masters 2 (40 min) | 18.00 - 19.00 Warmup Cash4Tricks | | | | 18.00 - 19.00 Cycling |
| 18:30 | | | | | | | |
| 19:00 | 19.00 - 20.30 DJ MA1A Monster Energy FMB Line | | 19.00 - 20.30 Cash4Tricks Contest | | | | |
| 19:30 | | | | | | | |
| 20:00 | | | | | | | |
| 20:30 | | | | | | | |
| 21:00 | 21.00 - 22.30 Kaffkiez Hauptbühne | | | | | | |
| 21:30 | | | | | | | |
| 22:00 | | | | | | | |
| 22:30 | | | | | | | |
| 23:00 | 23.00 - 00.30 Montreal Hauptbühne | | | | | | |
| 23:30 | | | | | | | |
| 00:00 | | | | | | | |
| 00:30 | 00.30 - 02.00 DJ Marcello Hauptbühne | | | | | | |
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| | Kids+Girls | Fahrtechnik | Kids+Teens | Schrauber | Airbag | Trial Area | Weiteres |
|-------|--|-------------------------------|--|---|--|--------------------------------|---|
| | MTB-ABC | Jordan Hugo | Abgefahren Fahren | DAV Sektion Aschaffenburg | Jump Solutions | Bike Brothers | |
| 08:00 | | | | | | | |
| 08:30 | | | | | | | |
| 09:00 | | | | 09.30 - 10.00 Tubeless etc. | | | |
| 09:30 | | | | | | | |
| 10:00 | 10.00 - 12.00 Ladies only Fahrtechnik | 10.00 - 10.30 Bike Setup | 10.00 - 12.00 Kids+Teens Fahrtechnik | 10.00 - 11.00 Laufträder mont.+zentr. | 10.00 - 11.00 betreutes Training | | |
| 10:30 | Anfängerinnen | | richtige Linienwahl 12-16Jahre | 11.00 - 12.00 Bremsen- service | | 11.00 - 11.30 Trial Show | |
| 11:00 | | 11.30 - 13.00 Fahrtechnik | | | | | |
| 11:30 | | Basic | | 12.00 - 13.00 Schaltung/ Antrieb | 11.00 - 14.00 Airbag geöffnet | 11.30 - 13.00 Trial Try Out | |
| 12:00 | | | | | | | |
| 12:30 | | | 12.30 - 14.30 Kids+Teens Enduro- Ausfahrt | 13.00 - 14.00 Rahmen-/ Lagerpflege | | | |
| 13:00 | | | 12-16Jahre | 14.00 - 15.00 Ergonomie Setup | | | 10.00 - 19.00 Live- Rahmenbau Le Canard Messe |
| 13:30 | | | | | | | |
| 14:00 | | | | | | | |
| 14:30 | | 14.30 - 16.00 Fahrtechnik | | | | | |
| 15:00 | 15.00 - 17.00 Early Riders Fahrtechnik | Enduro Racing/ Advanced | | 15.00 - 16.00 Fahrwerk einstellen | | 15.00 - 15.30 Trial Show | |
| 15:30 | 8-15 Jahre | | | | | | |
| 16:00 | | | | 16.00 - 17.00 Dämpfer + Gabel spacern | 16.00 - 17.00 betreutes Training | 15.30 - 17.00 Trial Try Out | 16.00 - 17.00 Single Trails +Single Malt |
| 16:30 | | 16.30 - 18.00 Fahrtechnik | | | | | |
| 17:00 | | Enduro Racing/ Advanced | | 17.00 - 18.00 richtige Bikepflege | 17.00 - 18.30 Airbag geöffnet | | |
| 17:30 | | | | | | | |
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| 01:00 | | | | | | | |
| 01:30 | | | | | | | 23.00 - 02.00 Pumptrack Night Session mit leonvolk |

SAMSTAG, 10.09.

| | Musik | CX | Dirt | Enduro | Gravel | Messe | Sidesport |
|-------|--|---|---|---|---|---------------------------------|--|
| | | | | | | | Sportiol |
| 08.00 | | | | | | | |
| 08.30 | | 08.00 - 10.00 freies Training | | | ab 08.00 4Bikes Gravel Challenge Massenstart | | 09.00 - 10.00 Morning Yoga |
| 09.00 | 09.00 - 10.30 DJ Chris Whap-a-dang Food Area | | | | | | |
| 09.30 | | 10.00 - 11.00 Schüler U15 m/w (20 min) | 10.00 - 12.00 FMB Training | | | | 10.00 - 19.00 Bike Fitness Sportiol Sportbunker |
| 10.00 | | | | | | | |
| 10.30 | | 11.00 - 12.00 Jugend U17 m/w (30 min) | | | | | |
| 11.00 | | | | | | | |
| 11.30 | | | | | | | |
| 12.00 | 12.00 - 13.30 Pocket Mucke Food Area | 12.00 - 13.00 freies Training | | 10.00 - 16.00 Enduro-Rennen siehe individuelle Startzeiten | 11.00 - 15.00 Free Gravel Ride geführt, 49 km/770 hm | | |
| 12.30 | | | | | | | 13.00 - 13.45 Mega World Jumping |
| 13.00 | | 13.00 - 14.00 Hobby 2/U16 m/w (30/20 min) | 13.00 - 15.00 FMB Training | | | 10.00 - 19.00 Messe geöffnet | |
| 13.30 | | | | | | | 14.00 - 14.45 LesMills Body Combat |
| 14.00 | 13.30 - 17.00 DJ MA1A Monster Energy FMB Line | 14.00 - 15.00 Herren U19 (40 min) | | | | | 15.00 - 15.45 Mega World Jumping |
| 14.30 | | | | | | | |
| 15.00 | | 15.00 - 16.00 freies Training | 15.00 - 16.30 FMB Qualifying 2 Runs | | | | 16.00 - 17.00 Cycling |
| 15.30 | | | | | | | |
| 16.00 | | 16.00 - 17.00 Elite + Damen U19 (40/50 min) | | | | | |
| 16.30 | | | | | | | |
| 17.00 | | 17.00 - 18.00 freies Training | 17.00 - 19.00 Jam Session FMB Line | 17.00 - 18.00 Siegerehrung Hauptbühne | | | |
| 17.30 | 16.00 - 19.00 DJ Nilson CX Area | | | | | | |
| 18.00 | | 18.00 - 19.00 Elite Herren (60 min) | | | | | |
| 18.30 | | | | | | | |
| 19.00 | 19.00 - 21.00 DJ MA1A Monster Energy feat. Main Concept FMB Line | | 19.30 - 21.00 FMB Finals 3 Runs | | | | |
| 19.30 | | | | | | | |
| 20.00 | | | | | | | |
| 20.30 | | | | | | | |
| 21.00 | 21.00 - 21.45 Main Concept Hauptbühne | | Siegerehrung | | | | |
| 21.30 | | | | | | | |
| 22.00 | | | | | | | |
| 22.30 | 22.00 - 23.30 Itchy Hauptbühne | | | | | | |
| 23.00 | | | | | | | |
| 23.30 | | | | | | | |
| 00.00 | 00.00 - 01.00 Watch Me Rise Hauptbühne | | | | | | |
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| | Kids+Girls | Fahrtechnik | Kids+Teens | Schrauber | Airbag | Trial Area | Weiteres |
|-------|---|---|---|---|--|--------------------------------|--|
| | MTB-ABC | Jordan Hugo | Abgefahren Fahren | DAV Sektion Aschaffenburg | Jump Solutions | Bike Brothers | |
| 08.00 | | | | | | | |
| 08.30 | | | | | | | |
| 09.00 | | | | 09.30 - 10.00 Tubeless etc. | | | |
| 09.30 | | 10.00 - 10.30 Bike Setup | | 10.00 - 11.00 Laufräder mont.+zentr. | 10.00 - 11.00 betreutes Training | | |
| 10.00 | 10.00 - 12.00 Early Riders Fahrtechnik 8 - 15 Jahre | | 10.30 - 12.30 Kids+Teens Fahrtechnik richtig springen 12 - 16 Jahre | 11.00 - 12.00 Bremsen- service | | 11.00 - 11.30 Trial Show | |
| 10.30 | | | | | | | |
| 11.00 | | 11.30 - 13.00 Fahrtechnik Enduro Basic | | 12.00 - 13.00 Schaltung/ Antrieb | 11.00 - 14.00 Airbag geöffnet | 11.30 - 13.00 Trial Try Out | |
| 11.30 | | | | | | | |
| 12.00 | | | | 13.00 - 14.00 Rahmen-/ Lagerpflege | | | 09.00 - 18.00 Live- Rahmenbau 12 - 16 Jahre |
| 12.30 | | | | | | | |
| 13.00 | | | | 14.00 - 15.00 Ergonomie Setup | | | |
| 13.30 | | | | | | | |
| 14.00 | 14.00 - 16.00 Ladies only Fahrtechnik Anfangerrinnen | 14.00 - 15.30 Fahrtechnik Enduro Basic | | 15.00 - 16.00 Fahrwerk einstellen | | | |
| 14.30 | | | | | | | |
| 15.00 | | | | 16.00 - 17.00 Dämpfer + Gabel spacern | | | |
| 15.30 | | | | | | | |
| 16.00 | | 16.00 - 17.30 Fahrtechnik Enduro Racing/ Advanced | 16.30 - 18.30 Kids+Teens Enduro- Ausfahrt 12 - 16 Jahre | 17.00 - 18.00 richtige Bikepflege | 16.30 - 17.30 betreutes Training | 16.30 - 17.00 Trial Show | |
| 16.30 | | | | | | | |
| 17.00 | | | | | 17.30 - 19.00 Airbag geöffnet | 17.00 - 18.30 Trial Try Out | |
| 17.30 | | | | | | | |
| 18.00 | | 18.00 - 19.00 MTBFitness.Er- nährung & CO Vortrag | | | | | |
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| 00.00 | | | | | | | 23.00 - 02.00 Pumptrack Night Session mit Flenz |
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SONNTAG, 11.09.

| | Musik | CX | Dirt | Enduro | Gravel | Messe | Sidesport |
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| | | | | | | | Sportiol |
| 08.00 | | | | | | | |
| 08.30 | | | | | | | |
| 09.00 | 09.00 - 10.30 Breakfast DJ | | | | | | 09.00 - 10.00 Morning Yoga |
| 09.30 | Food Area | | | | | | |
| 10.00 | | 10.00 - 11.00 CX Try Out Kids U16 | 10.00 - 11.00 Jam Session FMB Line | 10.00 - 12.00 Anmeldung+ freies Training Dualslalom | | | 10.00 - 17.00 Bike Fitness Sportiol Sportbunker |
| 10.30 | | | | | | | |
| 11.00 | | 11.00 - 12.00 CX Try Out Erwachsene | 11.00 - 12.00 Show Jumps FMB Line | | | | |
| 11.30 | | | | | 11.00 - 13.00 Free Gravel Ride geführt, 25 km/340 hm | | |
| 12.00 | 12.00 - 13.30 Pocket Mucke Food Area | | | 12.00 - 15.00 offenes Dualslalom- Rennen kostenlos | | | 11.30 - 12.30 LesMills Body Balance |
| 12.30 | | | | | | | |
| 13.00 | | | | | | 10.00 - 17.00 Messe geöffnet | 13.00 Showact Step XCO |
| 13.30 | | 13.00 - 15.00 Fahrtechnik- training 1 crossladen | 13.00 - 14.00 Jam Session FMB Line | | 13.30 - 17.30 Absacker- Whisky-Ride | | 13.45-14.30 Functional Fitness |
| 14.00 | 13.30 - 16.00 DJ MA1A Monster Energy FMB Line/ Trial Area | | 14.00 - 15.00 Show Jumps FMB Line | | | | 14.45 Showact Bodynetics |
| 14.30 | | | | | mit | | |
| 15.00 | | 15.00 - 17.00 Fahrtechnik- training 2 crossladen | | | Single Trails +Single Malt | | 15.30 Showact LesMills Tone |
| 15.30 | | | | | guided by: Tobias Wagon | | |
| 16.00 | | | | | | | |
| 16.30 | 16.00 - 18.00 leonvolk Pumptrack | | | | | | |
| 17.00 | | | | | | | |
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| | Kids+Girls | Fahrtechnik | Kids+Teens | Schrauber | Airbag | Trial Area | Pumptrack |
|-------|------------|---|---|---|--|--|--|
| | MTB-ABC | Jordan Hugo | Abgefahren Fahren | DAV Sektion Aschaffenburg | Jump Solutions | Bike Brothers | |
| 08.00 | | | | | | | |
| 08.30 | | | | | | | |
| 09.00 | | | | | | | 09.00 - 10.30 Anmeldung + freies Training Kids Race Pumptrack |
| 09.30 | | | | 09.30 - 10.00 Tubeless etc. | | | |
| 10.00 | | 10.00 - 10.30 Bike Setup | | 10.00 - 11.00 Bremsen- service | 10.00 - 11.00 betreutes Training | 10.00 - 10.30 Trial Show | |
| 10.30 | | | | | | | 10.30 - 12.00 Kids Race Pumptrack U16, kostenlos |
| 11.00 | | | | 11.00 - 12.00 Schaltung/ Antrieb | | 10.30 - 12.00 Trial Try Out | |
| 11.30 | | 11.30 - 13.00 Fahrtechnik Enduro Basic | | | | | |
| 12.00 | | | 12.00 - 14.00 Kids+Teens Fahrtechnik Basic 12-16Jahre | 12.00 - 13.00 Rahmen-/ Lagerpflege | 11.00 - 14.00 Airbag geöffnet | | |
| 12.30 | | | | | | | |
| 13.00 | | | | 13.00 - 14.00 Ergonomie Setup | | 13.00 - 13.30 Trial Show | |
| 13.30 | | | | | | | |
| 14.00 | | | 14.00 - 16.00 Kids+Teens Enduro- Ausfahrt 12-16Jahre | 14.00 - 15.00 Fahrwerk einstellen | | | 14.00 - 16.00 Anmeldung + freies Training Pumptrack |
| 14.30 | | | | | | | |
| 15.00 | | | | 15.00 - 16.00 Dämpfer + Gabel spacern | | 15.00 - 16.00 Wild Ride Charity Race | 16.00 - 18.00 offenes Pumptrack Race U16, kostenlos |
| 15.30 | | | | | | | |
| 16.00 | | | | 16.00 - 17.00 richtige Bikepflege | | | |
| 16.30 | | | | | | | |
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