

National Cycling Centre – Indoor BMX
Indoor BMX – Winter 2016 /17 *Starting October 10th*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9 - 10am	School & Community Bookings	School & Community Bookings		School & Community Bookings	School & Community Bookings		Intro 2 BMX	9 - 10am
10 – 11am			Balance Bikes			Race Skills <i>9:30am – 11am</i>	Intro 2 Start Hill	10 – 11am
11 – 12pm			sky GREAT BRITAIN CYCLING TEAM	sky GREAT BRITAIN CYCLING TEAM			Balance Bikes	11 – 12pm
12 – 1pm						Balance Bikes	12 – 1pm	
1 – 2pm						Intro 2 BMX	1 – 2pm	
2 – 3pm	sky GREAT BRITAIN CYCLING TEAM	sky GREAT BRITAIN CYCLING TEAM	School & Community Bookings	School & Community Bookings	Progression	Private Bookings	2 – 3pm	
3 – 4pm					Accelerated Induction		Gates	3 – 4pm
4 – 5pm					sky GREAT BRITAIN CYCLING TEAM			
5 – 6pm	Intro 2 BMX	BMX Rider <i>5pm – 6:30pm</i>	Race Skills <i>5pm – 6:30pm</i>	Progression	Intro 2 BMX	Private & Club Bookings	5 – 6pm	
6 – 7pm	Intro 2 Start Hill	Access BMX	Private & Club Bookings	Intro 2 BMX	Intro 2 Start Hill		6 – 7pm	
7 – 8pm	Progression			Intro 2 Start Hill	Progression	Urban Expression	Club Bookings	7 – 8pm
8 – 9pm	Private & Club Bookings	Private & Club Bookings	Private & Club Bookings	Private & Club Bookings	Accelerated Induction		Gates	8 – 9pm
9 – 10pm								

To book, contact reception on 0161 2232244 option 3

For more information, contact reception or visit our website www.nationalcyclingcentre.com

