

HSBC UK National Cycling Centre – Indoor BMX
Indoor BMX – Easter Holidays 2017 (3rd – 16th April)

	Monday 3 rd	Tuesday 4 th	Wednesday 5 th	Thursday 6 th	Friday 7 th	Saturday 8 th	Sunday 9 th	
9 - 10am		Intro 2 BMX			Intro 2 BMX		Intro 2 BMX	9 - 10am
10 – 11am	Mini BMXer	Intro 2 Start Hill	Balance Bikes		Intro 2 Start Hill	BMX Rider 9:30am – 11am	Intro 2 Start Hill	10 – 11am
11 – 12pm	Intro 2 BMX	Private & Club Bookings	Team GB	Team GB	Private & Club Bookings	Team GB	Balance Bikes	11 – 12pm
12 – 1pm	Intro 2 Start Hill						Balance Bikes	12 – 1pm
1 – 2pm	Progression	Urban Rider (MTB & BMX) *12pm – 3pm*	Urban Rider (MTB & BMX) *12pm – 3pm*	Urban Rider (MTB & BMX) *12pm – 3pm*	Intro 2 BMX	Intro 2 BMX	Intro 2 BMX	1 – 2pm
2 – 3pm	Team GB				Intro 2 Start Hill		Intro 2 Start Hill	Intro 2 BMX
3 – 4pm		Team GB	Intro 2 BMX	Private & Club Bookings	Team GB	Intro 2 Start Hill	Private Bookings	3 – 4pm
4 – 5pm		Balance Bikes	Intro 2 Start Hill		Progression	4 – 5pm		
5 – 6pm	Intro 2 BMX	BMX Rider 5pm – 6:30pm	Race Skills 5pm – 6:30pm	Progression	Intro 2 BMX	Private & Club Bookings	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	7 – 8pm	
8 – 9pm	Private & Club Bookings	Private & Club Bookings	Private & Club Bookings	Private & Club Bookings	Accelerated Induction		Gates	Private & Club Bookings
9 – 10pm						9 – 10pm		

To book, contact reception on 0161 2232244 option 3
 Please ensure you have registered via our website before trying to book
www.nationalcyclingcentre.com/register



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	Monday 10 th	Tuesday 11 th	Wednesday 12 th	Thursday 13 th	Friday 14 th	Saturday 15 th	Sunday 16 th	
9 - 10am		Intro 2 BMX			Intro 2 BMX		Intro 2 BMX	9 - 10am
10 – 11am	Mini BMXer	Intro 2 Start Hill	Balance Bikes		Intro 2 Start Hill	BMX Rider 9:30am – 11am	Intro 2 Start Hill	10 – 11am
11 – 12pm	Intro 2 BMX	Private & Club Bookings	Team GB	Team GB	Private & Club Bookings	Team GB	Balance Bikes	11 – 12pm
12 – 1pm	Intro 2 Start Hill				Intro 2 BMX		Balance Bikes	12 – 1pm
1 – 2pm	Progression	Urban Rider (MTB & BMX) *12pm – 3pm*	Urban Rider (MTB & BMX) *12pm – 3pm*	Urban Rider (MTB & BMX) *12pm – 3pm*	Intro 2 Start Hill		Intro 2 BMX	1 – 2pm
2 – 3pm	Team GB				Team GB	Intro 2 BMX	Private Bookings	2 – 3pm
3 – 4pm		Intro 2 BMX	Private & Club Bookings	Team GB	Intro 2 Start Hill	3 – 4pm		
4 – 5pm		Balance Bikes			Intro 2 Start Hill	Progression		4 – 5pm
5 – 6pm	Intro 2 BMX	BMX Rider 5pm – 6:30pm	Race Skills 5pm – 6:30pm	Progression	CLOSED BANK HOLIDAY	Private & Club Bookings	Private & Club Bookings	5 – 6pm
6 – 7pm	Intro 2 Start Hill			Intro 2 BMX		6 – 7pm		
7 – 8pm	Progression	Access BMX	Private & Club Bookings	Intro 2 Start Hill		Urban Expression		7 – 8pm
8 – 9pm	Private & Club Bookings	Private & Club Bookings		Private & Club Bookings		8 – 9pm		
9 – 10pm							9 – 10pm	

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	Monday 17 th	Tuesday 18 th	Wednesday 19 th	Thursday 20 th	Friday 21 st	Saturday 22 nd	Sunday 23 rd					
9 - 10am		School & Community Bookings			School & Community Bookings		Intro 2 BMX	9 - 10am				
10 – 11am	Mini BMXer		Balance Bikes				BMX Rider 9:30am – 11am	Intro 2 Start Hill	10 – 11am			
11 – 12pm	Intro 2 BMX						Team GB	Balance Bikes	11 – 12pm			
12 – 1pm	Intro 2 Start Hill							Balance Bikes	12 – 1pm			
1 – 2pm	Team GB		School & Community Bookings	School & Community Bookings	Team GB	Intro 2 BMX	Intro 2 BMX	1 – 2pm				
2 – 3pm		Team GB							Intro 2 Start Hill	Private Bookings	2 – 3pm	
3 – 4pm									Progression			3 – 4pm
4 – 5pm	CLOSED BANK HOLIDAY		Private & Club Bookings	Private & Club Bookings	Team GB	Private & Club Bookings	Private & Club Bookings	4 – 5pm				
5 – 6pm		BMX Rider 5pm – 6:30pm						Race Skills 5pm – 6:30pm	Progression	Intro 2 BMX		5 – 6pm
6 – 7pm		Access BMX							Intro 2 BMX	Intro 2 Start Hill		6 – 7pm
7 – 8pm									Intro 2 Start Hill	Progression	Urban Expression	7 – 8pm
8 – 9pm		Private & Club Bookings							Private & Club Bookings	Accelerated Induction		Gates
9 – 10pm							9 – 10pm					

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