

HSBC UK National Cycling Centre – Indoor BMX  
**Indoor BMX – Summer Holidays – 24<sup>th</sup> July – 3<sup>rd</sup> September**

|           | Monday 29 <sup>th</sup> | Tuesday 30 <sup>th</sup>                          | Wednesday 31 <sup>st</sup>                        | Thursday 1 <sup>st</sup>                          | Friday 2 <sup>nd</sup>  | Saturday 3 <sup>rd</sup>          | Sunday 4 <sup>th</sup>  |           |
|-----------|-------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|-------------------------|-----------------------------------|-------------------------|-----------|
| 9 - 10am  |                         |                                                   |                                                   |                                                   |                         |                                   | Intro 2 BMX             | 9 - 10am  |
| 10 – 11am | Mini BMXer              | Intro 2 BMX                                       | Balance Bikes                                     |                                                   | Intro 2 BMX             | BMX Rider<br><i>9:30am – 11am</i> | Intro 2 Start Hill      | 10 – 11am |
| 11 – 12pm | Intro 2 BMX             | Intro 2 Start Hill                                |                                                   | TEAM GB                                           | Intro 2 Start Hill      |                                   | Balance Bikes           | 11 – 12pm |
| 12 – 1pm  | Intro 2 Start Hill      | Private & Club Bookings                           | TEAM GB                                           |                                                   | Private & Club Bookings | TEAM GB                           | Balance Bikes           | 12 – 1pm  |
| 1 – 2pm   |                         | Urban Rider<br>(MTB & BMX)<br><i>*12pm – 3pm*</i> | Urban Rider<br>(MTB & BMX)<br><i>*12pm – 3pm*</i> | Urban Rider<br>(MTB & BMX)<br><i>*12pm – 3pm*</i> | Intro 2 BMX             |                                   | Intro 2 BMX             | 1 – 2pm   |
| 2 – 3pm   | TEAM GB                 |                                                   |                                                   |                                                   | Intro 2 Start Hill      | Intro 2 BMX                       |                         | 2 – 3pm   |
| 3 – 4pm   |                         | TEAM GB                                           | Private & Club Bookings                           | Private & Club Bookings                           | TEAM GB                 | Intro 2 Start Hill                | Private Bookings        | 3 – 4pm   |
| 4 – 5pm   |                         | Balance Bikes                                     | Private & Club Bookings                           | Private & Club Bookings                           |                         | Progression                       |                         | 4 – 5pm   |
| 5 – 6pm   |                         | BMX Rider<br><i>5pm – 6:30pm</i>                  | Race Skills<br><i>5pm – 6:30pm</i>                | Progression                                       | Intro 2 BMX             | Private & Club Bookings           |                         | 5 – 6pm   |
| 6 – 7pm   |                         |                                                   |                                                   | Intro 2 BMX                                       | Intro 2 Start Hill      |                                   |                         | 6 – 7pm   |
| 7 – 8pm   |                         | Access BMX                                        |                                                   | Intro 2 Start Hill                                | Progression             |                                   | Private & Club Bookings | 7 – 8pm   |
| 8 – 9pm   |                         | Private & Club Bookings                           | Private & Club Bookings                           | Private & Club Bookings                           | Accelerated Induction   | Urban Expression                  |                         | 8 – 9pm   |
| 9 – 10pm  |                         |                                                   |                                                   |                                                   | Gates                   |                                   |                         | 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](http://www.nationalcyclingcentre.com/register)

