

National Cycling Centre – Indoor BMX
Indoor BMX – October Half Term 2017

	Monday 23 rd	Tuesday 24 th	Wednesday 25 th	Thursday 26 th	Friday 27 th	Saturday 28 th	Sunday 29 th		
9 - 10am							Intro 2 BMX	9 - 10am	
10 – 11am	Mini BMXer	Intro 2 BMX	Balance Bikes	GB	Intro 2 BMX	Race Skills	Intro 2 Start Hill	10 – 11am	
11 – 12pm	Private & Club Bookings	Intro 2 Start Hill	GB		Intro 2 Start Hill	GB	Balance Bikes	11 – 12pm	
12 – 1pm		Progression			Private & Club Bookings		Balance Bikes	12 – 1pm	
1 – 2pm	Intro 2 BMX	Intro 2 BMX	Intro 2 BMX	Intro 2 BMX	Intro 2 BMX			Intro 2 BMX	1 – 2pm
2 – 3pm	GB	Intro 2 Start Hill	Intro 2 Start Hill	Intro 2 Start Hill	Intro 2 Start Hill	Progression	Private Bookings	2 – 3pm	
3 – 4pm		GB	Private & Club Bookings	Private & Club Bookings	GB	Accelerated Induction		Gates	3 – 4pm
4 – 5pm									
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	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	Urban 15 - 19		Private & Club Bookings	Accelerated Induction		Gates		8 – 9pm
9 – 10pm									9 – 10pm

To book, contact reception on 0161 2232244 option 3

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

