

National Cycling Centre – Indoor BMX
Indoor BMX – Christmas 2017

	Monday 18 th	Tuesday 19 th	Wednesday 20 th	Thursday 21 st	Friday 22 nd	Saturday 23 rd	Sunday 24 th		
9 - 10am	School & Community Bookings	School & Community Bookings		Private Bookings	Private Bookings		Intro 2 BMX	9 - 10am	
10 – 11am			Balance Bikes		Mini BMXer	Race Skills <i>9:30am – 11am</i>	Intro 2 Start Hill	10 – 11am	
11 – 12pm				Team GB	Team GB	Intro 2 BMX		Balance Bikes	11 – 12pm
12 – 1pm						Private Bookings	Team GB	Balance Bikes	12 – 1pm
1 – 2pm						Intro 2 BMX	Intro 2 BMX	Intro 2 BMX	1 – 2pm
2 – 3pm	Team GB	Team GB	School & Community Bookings	Intro 2 Start Hill	Intro 2 Start Hill	Progression	Private Bookings	2 – 3pm	
3 – 4pm				Private Bookings	Team 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	CLOSED Christmas Eve	5 – 6pm	
6 – 7pm	Intro 2 Start Hill			Intro 2 BMX	Intro 2 Start Hill			6 – 7pm	
7 – 8pm	Progression	Access BMX	Manchester BMX Club <i>*not bookable through NCC</i>	Intro 2 Start Hill	Progression	Urban Expression		7 – 8pm	
8 – 9pm	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



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	Monday 25 th	Tuesday 26 th	Wednesday 27 th	Thursday 28 th	Friday 29 th	Saturday 30 th	Sunday 31 st				
9 - 10am	CLOSED Christmas Day	CLOSED Boxing Day					Intro 2 BMX	9 - 10am			
10 – 11am			Balance Bikes	Team GB	Mini BMXer	Race Skills <i>9:30am – 11am</i>	Intro 2 Start Hill	10 – 11am			
11 – 12pm			Team GB		Intro 2 BMX	Team GB	Balance Bikes	11 – 12pm			
12 – 1pm					Private Bookings		Balance Bikes	12 – 1pm			
1 – 2pm			Intro 2 BMX	Intro 2 BMX	Private Bookings	Intro 2 BMX	Intro 2 BMX	1 – 2pm			
2 – 3pm			Intro 2 Start Hill	Intro 2 Start Hill			Progression	Private Bookings	2 – 3pm		
3 – 4pm					Private Bookings	Private Bookings	Team GB	Accelerated Induction	Gates	Private Bookings	3 – 4pm
4 – 5pm											4 – 5pm
5 – 6pm					Race Skills <i>5pm – 6:30pm</i>	Progression	Intro 2 BMX	Private & Club Bookings	CLOSED New Years Eve		5 – 6pm
6 – 7pm						Intro 2 BMX	Intro 2 Start Hill				6 – 7pm
7 – 8pm					Manchester BMX Club <i>*not bookable through NCC</i>	Intro 2 Start Hill	Progression	Urban Expression			7 – 8pm
8 – 9pm						Private & Club Bookings	Accelerated Induction		Gates		
9 – 10pm									9 – 10pm		

****CLOSED – Monday 1st January****

