

HSBC UK National Cycling Centre – Indoor BMX
Indoor BMX – March 17th – September 2018

	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			GB	GB			Balance Bikes	11 – 12pm
12 – 1pm							Balance Bikes	12 – 1pm
1 – 2pm							Intro 2 BMX	1 – 2pm
2 – 3pm	GB	GB	School & Community Bookings	School & Community Bookings	GB	Intro 2 BMX	Private Bookings	2 – 3pm
3 – 4pm						Intro 2 Start Hill		3 – 4pm
4 – 5pm						Progression		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 (10 – 14 yrs) <i>7pm – 8:30pm</i>		7 – 8pm
8 – 9pm	Private & Club Bookings			Private & Club Bookings	Private & Club Bookings	Accelerated Induction		Gates
9 – 10pm		9 – 10pm						

To book, contact reception on 0161 2232244 option 3

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

