

HSBC UK National Cycling Centre – Indoor BMX
Indoor BMX – May Half Term – 28th May – 3rd June 2018

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

