

HSBC UK National Cycling Centre – Indoor BMX
Indoor BMX – Summer Holidays – 21st July – 2nd September

	Monday 29 th	Tuesday 30 th	Wednesday 31 st	Thursday 1 st	Friday 2 nd	Saturday 3 rd	Sunday 4 th	
9 - 10am							Intro 2 BMX	9 - 10am
10 – 11am	Mini BMXer	Intro 2 BMX	Balance Bikes		Intro 2 BMX	Race Skills 9:30am – 11am	Intro 2 Start Hill	10 – 11am
11 – 12pm	Intro 2 BMX	Intro 2 Start Hill	GB	GB	Intro 2 Start Hill	GB	Balance Bikes	11 – 12pm
12 – 1pm	Intro 2 Start Hill	Private & Club Bookings			Private & Club Bookings		Balance Bikes	12 – 1pm
1 – 2pm	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	Mini BMXer	1 – 2pm
2 – 3pm		Intro 2 Start Hill			Intro 2 Start Hill		Private Bookings	2 – 3pm
3 – 4pm		GB	Intro 2 BMX	Private & Club Bookings	GB	Intro 2 Start Hill	Private Bookings	3 – 4pm
4 – 5pm	Closed Bank Holiday	Balance Bikes	Intro 2 Start Hill			Progression		
5 – 6pm		BMX Rider 5pm – 6:30pm	Race Skills 5pm – 6:30pm	Progression	Intro 2 BMX	Private & Club Bookings	Private & Club Bookings	5 – 6pm
6 – 7pm				Intro 2 BMX	Intro 2 Start Hill			6 – 7pm
7 – 8pm		Access BMX	Private & Club Bookings	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								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

Additional sessions may might be available – Check the website for details

