

HSBC UK National Cycling Centre BMX Timetable – October Half Term

	Monday 25 th October	Tuesday 26 th October	Wednesday 27 th October	Thursday 28 th October	Friday 29 th October	
9am	Balance Bikes Must provide own Helmets					
10am	Mini BMXer Must provide own Bikes	Cycling Day Camp	Cycling Day Camp		BMX Camp	
11am	Intro 2 BMX	Private & Club bookings		Team GB		
12pm			Team GB			
1pm	Private & Club bookings	Intro 2 BMX	Intro 2 BMX	Progression		
2pm		Intro 2 BMX	Start Hill Coaching	Gates		
3pm	Team GB	Team GB				Team GB
4pm		Cycling Day Camp	Cycling Day Camp			
5pm		Learn 2 Ride		Intro 2 BMX		
5:30pm	Intro 2 BMX		Race Skills 5:30 – 7pm	Intro 2 BMX		Start Hill Coaching
6pm		Access BMX		Start Hill Coaching		
6:30pm	Start Hill Coaching				Progression	
7pm		Adult Only BMX (16+)	Womens BMX			
7:30pm	Progression				Gates Must provide own Equipment	
8pm				Private & Club bookings	Accelerated Induction	
8:30pm						
9pm						
9:30pm						

	Saturday 30 th October	Sunday 31 st October
9am		Intro 2 BMX
10am	BMX Rider 9:30am – 11am	Balance Bikes Must provide own Helmets
11am		Mini BMXer Must provide own Bikes
12pm	Team GB	Intro 2 BMX
1pm		Start Hill Coaching
2pm		
2pm	Balance Bikes Must provide own Helmets	Private & Club bookings
3pm	Mini BMXer Must provide own Bikes	
4pm	Intro 2 BMX	
5pm - 7pm	SX Open	