

HSBC UK National Cycling Centre BMX Timetable – Winter 21/22

	Monday	Tuesday	Wednesday	Thursday	Friday	
9am	School & Private Bookings	School & Private Bookings	Team GB	Team GB	School & Private Bookings	
10am						
11am						
12pm						
1pm	Team GB	Team GB	School & Private Bookings	School & Private Bookings	School & Private Bookings	
2pm						
3pm						
4pm						
5pm		Learn 2 Ride	School & Private Bookings	Intro 2 BMX	Team GB	
5:30pm	Intro 2 BMX	Race Skills 5:30 – 7pm				
6pm	Access BMX					Start Hill Coaching
6:30pm	Start Hill Coaching					
7pm	Progression		Adult Only BMX (16+)	Womens BMX	Private & Club bookings	Gates Must provide own Equipment
7:30pm		7:30pm	7:30pm	7:30pm		
8pm						
8:30pm						
9pm						
9:30pm						

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

There will be no weekend sessions on Racing Under the Roof Dates – 9/10 Oct, 6/7 Nov, 4/5 Dec, 20/21 Jan & 12/13 Feb

SX Open Dates - October 2nd, 16th & 30th // November 13th & 27th // December 18th // January 15th // February 5th & 26th // March 5th