

## NATIONAL CYCLING CENTRE INDOOR BMX WINTER TIMETABLE 2022-23

	Monday	Tuesday	Wednesday	Thursday	Friday
9-10am	Private hire / School & Community	Private hire / School & Community	Private hire / School & Community	Team GB	Private hire / School & Community
10-11am					
11-12pm					
12-1pm					
1-2pm					
2-3pm	Team GB	Team GB	Private hire / School & Community	Private hire / School & Community	Team GB
3-4pm					
4-5pm			Private hire		
5-6pm	Intro 2 BMX	Learn 2 ride		Intro 2 BMX	Access BMX
6-7pm	Into 2 start hill	Access BMX	Race Skills	Into 2 start hill	Intro 2 BMX
7-8pm	Gates Coaching	Adult BMX (16+)	Women's & Girls BMX	Gates Coaching	Progression
8-9pm	Progression	Private hire/ Club hire	Private hire/ Club hire	Private hire/ Club hire	Gates Must provide own equipment
9-10pm	Private hire				

	Saturday	Sunday
9-10am	Private hire/ Club hire	Intro 2 BMX
10-11am		Balance bikes Must provide own helmets
11-12pm	Team GB	Mini BMXer Must provide own bikes
12-1pm		Mini BMX Racer Must provide own bikes
1-2pm		Intro 2 BMX
2-3pm	Intro 2 BMX	Intro 2 start hill
3-4pm	Into 2 start hill	Private hire/ Club hire
4-5pm	Progression	
5-6pm	Party Bookings	
6-7pm		
7-8pm	UNAVAILABLE UNTIL FURTHER NOTICE	UNAVAILABLE UNTIL FURTHER NOTICE
8-9pm		
9-10pm		