



Sir Chris Hoy Velodrome Timetable Sep 19 - Mar 20



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEK 1
0700 - 0800	Adult Accredited Drop-In	Adult Accredited Drop-In	Closed	Closed Track Maintenance	Adult Accredited Drop-In	Closed	Closed	<b>Weeks Beginning:</b> 09/09/2019 23/09/2019 07/10/2019 21/10/2019 04/11/2019 18/11/2019 02/12/2019 16/12/2019 30/12/2019 13/01/2020 27/01/2020 10/02/2020 24/02/2020 09/03/2020 23/03/2020
0800 - 0900	Adult Accredited Drop-In	Adult Accredited Drop-In	Adult Accredited Drop-In		Adult Accredited Drop-In		Adult Accredited Drop-In	
0900 - 1000	Adult Accredited Drop-In	Adult Accredited Drop-In	Adult Accredited Drop-In		Adult Accredited Drop-In	Family Session**	Scottish Cycling	
1000 - 1100	CED*	Education	Education		Individual Pursuit Session	Junior Accred 1 8-15 yrs		
1100 - 1200	CED*			Education	Adult Accred 1			
1200 - 1300	Adult Accredited Drop-In	Adult Accredited Drop-In	Closed	Adult Accredited Drop-In	Education	Adult Accred 2		
1300 - 1400	CED/Corporate Session*	Education	Para Cycling Tandem & Solo	Adult Accredited Drop-In	CED/Corporate Session*	Junior Accredited Drop-In	Junior Skills Session	
1400 - 1500	CED/Corporate Session*		Para Cycling Tandem & Solo	Coach Led Workout	Sprint Session	Adult Accredited Drop-In	Scottish Cycling	
1500 - 1600	CED/Corporate Session*	Scottish Cycling	University	Scottish Cycling	Corporate Session*	Sprint Programme		
1600 - 1700	Junior Accred 1 8-15 yrs				Accred Progression			
1700 - 1800	Under 14 Dev Session	Adult Accred 1	Scottish Cycling	Para Cycling Beginner Tandem & Solo	Junior Accred Drop In			
1800 - 1900	Youth Development Session	Glasgow Riderz		Para Cycling Experienced Tandem & Solo	Team Pursuit	Closed	Scottish Cycling or Club Sessions	
1900 - 2000	Adult Accredited Drop-In	DST Endurance Session	Scottish Cycling	Adult Accred 2	Youth Programme		Closed	
2000 - 2100	Adult Accredited Drop-In			Adult Accredited Drop-In				
2100 - 2200	Adult Accredited Drop-In							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEK 2
0700 - 0800	Adult Accredited Drop-In	Adult Accredited Drop-In	Closed	Closed Track Maintenance	Adult Accredited Drop-In	Closed	Closed	<b>Weeks Beginning:</b> 02/09/2019 16/09/2019 30/09/2019 14/10/2019 28/10/2019 11/11/2019 25/11/2019 09/12/2019 23/12/2019 06/01/2020 20/01/2020 03/02/2020 17/02/2020 02/03/2020 16/03/2020 30/03/2020
0800 - 0900	Adult Accredited Drop-In	Adult Accredited Drop-In	Adult Accredited Drop-In		Adult Accredited Drop-In		Adult Accredited Drop-In	
0900 - 1000	Adult Accredited Drop-In	Adult Accredited Drop-In	Adult Accredited Drop-In		Adult Accredited Drop-In	Family Session**	Scottish Cycling	
1000 - 1100	CED*	Education	Education		Individual Pursuit Session	Junior Accred 1 8-15 yrs		
1100 - 1200	CED*				Education	Adult Accred 3		
1200 - 1300	Adult Accredited Drop-In	Adult Accredited Drop-In	Closed		Adult Accredited Drop-In	Education	Adult Accredited Drop-In	
1300 - 1400	CED/Corporate Session*	Education	Para Cycling Tandem & Solo	Adult Accredited Drop-In	CED/Corporate Session*	Adult Accredited Drop-In	Please check with venue/app as these sessions may change weekly.	
1400 - 1500	CED/Corporate Session*		Para Cycling Tandem & Solo	Coach Led Workout	Sprint Session	Adult Accredited Drop-In		
1500 - 1600	CED/Corporate Session*	Scottish Cycling	University	Scottish Cycling	Corporate Session*	Sprint Programme	Scottish Cycling or Club Sessions	
1600 - 1700	Junior Accred 1 8-15 yrs				Accred Progression			
1700 - 1800	Under 14 Dev Session		Adult Accred 1		Scottish Cycling			Derny Accrediation
1800 - 1900	Youth Development Session	Glasgow Riderz	Derny Session	Womans Only Session				
1900 - 2000	Adult Accredited Drop-In	DST Endurance Session	Scottish Cycling	Madison Training***		Youth Programme	Closed	
2000 - 2100	Adult Accredited Drop-In							
2100 - 2200	Adult Accredited Drop-In							

**Please check the App for updates on the Sunday sessions as this may change weekly**

Junior Accred 3 is on Sun 22nd Sep, 17th Nov, 12th Jan & 23rd Feb 2 - 4pm

Junior Accred 4 is on Sun 6th Oct, 15th Dec, 26th Jan & 23rd Feb 2 - 4pm

Adult Accred 4 is on 20th Oct, 9th Feb, 22nd Mar 2 - 4pm & Thu 19th Dec 8-10pm

**Please note due to Special Events the usual timetable will not go ahead on the following dates:**

**28th Oct - 13th Nov 19 & 29th Nov (from 12pm) - 1st Dec**

\* These group sessions must be pre-booked, For more information about these sessions, please submit your enquiry to [glemiratesarena@glasgowlife.org.uk](mailto:glemiratesarena@glasgowlife.org.uk)

\*\*Family Sessions – 2 children to 1 adult Ratio, 45 minute sessions 09:15 – 10:00

\*\*\* Please note this session will run until 28th November