



Sir Chris Hoy Velodrome Timetable Apr - Aug 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEK 1
0700 - 0800	Adult Accredited Drop-In O/S	Adult Accredited Drop-In O/S	Closed	Closed Track Maintenance	Adult Accredited Drop-In O/S	Closed	Closed	Weeks Beginning:  08/04/2019 22/04/2019 06/05/2019 20/05/2019 03/06/2019 17/06/2019 01/07/2019 15/07/2019 29/07/2019 12/08/2019 26/08/2019
0800 - 0900	Adult Accredited Drop-In O/S	Adult Accredited Drop-In O/S	Adult Accredited Drop-In O/S		Adult Accredited Drop-In O/S		Adult Accredited Drop-In O/S	
0900 - 1000	Adult Accredited Drop-In O/S	Adult Accredited Drop-In O/S	Adult Accredited Drop-In O/S		Adult Accredited Drop-In O/S	Family Session**	Scottish Cycling	
1000 - 1100	CED*	Education	Education		Individual Pursuit Session	Junior Accred 1 8-15 yrs		
1100 - 1200	CED*			CED/Corporate Session*	Adult Accred 2			
1200 - 1300	Adult Accredited Drop-In O/S	Adult Accredited Drop-In O/S	Coach Led Workout O/S	Adult Accredited Drop-In O/S	CED/Corporate Session*	Adult Accred 1		
1300 - 1400	CED/Corporate Session*	Education	Para Cycling Tandem & Solo	Adult Accredited Drop-In O/S	Education	Junior Accredited Drop-In O/S	Junior Skills Session	
1400 - 1500	CED/Corporate Session*		Para Cycling Tandem & Solo	Coach Led Workout O/S		Adult Accredited Drop-In O/S		
1500 - 1600	CED/Corporate Session*	Scottish Cycling	CED/Corporate Session*	Scottish Cycling	Corporate Session*	Adult Accredited Drop-In O/S	Scottish Cycling	
1600 - 1700	Junior Accred 1 8-15 yrs		CED/Corporate Session*		Corporate Session*	DST Sprint Session O/S		
1700 - 1800	Under 14 Dev Session O/S		Accred Progression		Junior Accred Drop In O/S			
1800 - 1900	Youth Development Session O/S	Adult Accred 1	Scottish Cycling	Para Cycling Beginner Tandem & Solo	Team Pursuit O/S	Closed	Scottish Cycling or Club Sessions	
1900 - 2000		Glasgow Riderz		Para Cycling Experienced Tandem & Solo				
2000 - 2100	Adult Accredited Drop-In O/S	DST Endurance Session O/S		Adult Accred 2	Youth Programme		Closed	
2100 - 2200	Adult Accredited Drop-In O/S		Adult Accredited Drop-In O/S					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday***	Sunday	WEEK 2	
0700 - 0800	Adult Accredited Drop-In O/S	Adult Accredited Drop-In O/S	Closed	Closed Track Maintenance	Adult Accredited Drop-In O/S	Closed	Closed	Weeks Beginning: 01/04/2019 15/04/2019 29/04/2019 13/05/2019 27/05/2019 10/06/2019 24/06/2019 08/07/2019 22/07/2019 05/08/2019 19/08/2019	
0800 - 0900	Adult Accredited Drop-In O/S	Adult Accredited Drop-In O/S	Adult Accredited Drop-In O/S		Adult Accredited Drop-In O/S		Adult Accredited Drop-In O/S		Adult Accredited Drop-In O/S
0900 - 1000	Adult Accredited Drop-In O/S	Adult Accredited Drop-In O/S	Adult Accredited Drop-In O/S		Adult Accredited Drop-In O/S	Family Session**	Closed		
1000 - 1100	CED*	Education	Education		Individual Pursuit Session	Junior Accred 1 8-15 yrs			
1100 - 1200	CED*				CED/Corporate Session*	Adult Accred 3	Adult Accredited Drop-In O/S		
1200 - 1300	Adult Accredited Drop-In O/S	Adult Accredited Drop-In O/S	Coach Led Workout O/S		Adult Accredited Drop-In O/S		CED/Corporate Session*		Adult Accredited Drop-In O/S
1300 - 1400	CED/Corporate Session*	Education	Para Cycling Tandem & Solo		Adult Accredited Drop-In O/S	Education	Adult Accredited Drop-In O/S		Junior Skills Session
1400 - 1500	CED/Corporate Session*		Para Cycling Tandem & Solo		Coach Led Workout O/S		Adult Accredited Drop-In O/S		Please check with venue/app as these sessions may change weekly.
1500 - 1600	CED/Corporate Session*	Scottish Cycling	CED/Corporate Session*		Scottish Cycling	Corporate Session*	Para Cycling Tandem & Solo		Scottish Cycling or Club Sessions
1600 - 1700	Junior Accred 1 8-15 yrs		CED/Corporate Session*			Corporate Session*	Youth Development Session O/S		
1700 - 1800	Under 14 Dev Session O/S		Accred Progression			Junior Accred 1 8-15 yrs	Closed		
1800 - 1900	Youth Development Session O/S	Adult Accred 1	Derny Accrediation		Junior Accred 2				
1900 - 2000		Glasgow Riderz	Derny Session	Womans Only Session O/S					
2000 - 2100	Adult Accredited Drop-In O/S	DST Endurance Session O/S	Scottish Cycling	Adult Accredited Drop-In O/S	Youth Programme	Closed			
2100 - 2200	Adult Accredited Drop-In O/S			Adult Accredited Drop-In O/S			Closed		

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

**Junior Accred 3 is on Sun 7 April, 19 May, 30 June & 11 August 2 - 4pm**

**Junior Accred 4 is on Sun 21 April, 2 June, 14 July & 25 August 2 - 4pm**

**Adult Accred 4 is on Sun 5 May & 28 July 2 - 4pm**

\* 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: ON SATURDAY 22ND JUNE 2019 THE TIME OF THE ACCRED COURSES HAS BEEN CHANGED**

**ACCRED 1: 11 - 12PM**

**ACCRED 2: 12 - 1PM**