



Sir Chris Hoy Velodrome Timetable Jan - Mar 2019



	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	Weeks Beginning: 14/01/2019 28/01/2019 11/02/2019 25/02/2019 11/03/2019 25/03/2019
0800 - 0900	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*			CED/Corporate Session*	Adult Accred 2			
1200 - 1300	Adult Accredited Drop-In	Adult Accredited Drop-In	Coach Led Workout	Adult Accredited Drop-In	CED/Corporate Session*	Adult Accred 1		
1300 - 1400	CED/Corporate Session*	Education	Para Cycling Tandem & Solo	Adult Accredited Drop-In	Education	Junior 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		Adult Accredited Drop-In		
1500 - 1600	CED/Corporate Session*	Scottish Cycling	Universities	Scottish Cycling	Corporate Session*	Adult Accredited Drop-In	Scottish Cycling	
1600 - 1700	Junior Accred 1 8-15 yrs		Universities		Corporate Session*	DST Sprint Session		
1700 - 1800	Under 14 Dev Session		Accred Progression		Junior Accred Drop In			
1800 - 1900	Youth Development Session	Adult Accred 1	Scottish Cycling	Para Cycling Beginner Tandem & Solo	Team Pursuit	Closed	Club Session	
1900 - 2000		Adult Accred 1		Para Cycling Experienced Tandem & Solo				
2000 - 2100	Adult Accredited Drop-In	DST Endurance Session		Adult Accred 2	Youth Programme		Closed	
2100 - 2200	Adult Accredited Drop-In			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	Weeks Beginning: 21/01/2019 04/02/2019 18/02/2019 04/03/2019 18/03/2019
0800 - 0900	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*				CED/Corporate Session*	Adult Accred 3		
1200 - 1300	Adult Accredited Drop-In	Adult Accredited Drop-In	Coach Led Workout		Adult Accredited Drop-In	CED/Corporate Session*	Corporate Session*	
1300 - 1400	CED/Corporate Session*	Education	Para Cycling Tandem & Solo		Adult Accredited Drop-In	Education		
1400 - 1500	CED/Corporate Session*		Para Cycling Tandem & Solo		Coach Led Workout	Education	Adult Accredited Drop-In	
1500 - 1600	CED/Corporate Session*	Scottish Cycling	Universities		Scottish Cycling	Corporate Session*	Para Cycling Tandem & Solo	
1600 - 1700	Junior Accred 1 - 8 - 15 yrs		Universities			Corporate Session*	Youth Development Session	
1700 - 1800	Under 14 Dev Session		Accred Progression	Junior Accred 1 - 8 - 15 yrs		Scottish Cycling or Club Sessions		
1800 - 1900	Youth Development Session***	Adult Accred 1	Scottish Cycling	Derny Accrediation	Junior Accred 2	Closed		
1900 - 2000		Adult Accred 1		Derny Session	Womans Only Session			
2000 - 2100	Adult Accredited Drop-In	DST Endurance Session		Adult Accredited Drop-In	Youth Programme		Closed	Closed
2100 - 2200	Adult Accredited Drop-In			Adult Accredited Drop-In				

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

Junior Accred 4 - 17 March 1 - 3pm

* These group sessions must be pre-booked, For more information about these sessions, please submit your enquiry to glemiratesarena@glasgowlife.org.uk

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

*** These sessions will be 1 hour on the following dates; 11th March, 18th March & 25th March 2019