



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

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 Sun 8th Sep, 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

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

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