



Sir Chris Hoy Velodrome Timetable Jan - 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: 10/02/2020 24/02/2020 09/03/2020 23/03/2020 06/04/2020 20/04/2020 04/05/2020 18/05/2020 01/06/2020 15/06/2020 29/06/2020 13/07/2020 27/07/2020 10/08/2020 24/08/2020	
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
0900 - 1000	Adult Accredited Drop-In	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		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	Junior Skills Session		
1300 - 1400	CED/Corporate Session*	Education	Para Cycling Tandem & Solo	Adult Accredited Drop-In	CED/Corporate Session*	Junior Accredited Drop-In			
1400 - 1500	CED/Corporate Session*		Para Cycling Tandem & Solo	Coach Led Workout	Sprint Session	Adult Accredited Drop-In	Please check with venue/app as these sessions may change weekly.		
1500 - 1600	CED/Corporate Session*	Scottish Cycling	University Session	Scottish Cycling	Corporate Session*	Scottish Cycling			
1600 - 1700	Junior Accred 1 8-15 yrs				Adult Accreditation Practice				Corporate Session*
1700 - 1800	Under 14 Dev Session		Junior Skills Session						
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	Scottish Cycling	A.R.T Session	Youth Programme	Closed			
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	Weeks Beginning: 17/02/2020 02/03/2020 16/03/2020 30/03/2020 13/04/2020 27/04/2020 11/05/2020 25/05/2020 08/06/2020 22/06/2020 06/07/2020 20/07/2020 03/08/2020 17/08/2020 31/08/2020
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		
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 Session	Scottish Cycling	Corporate Session*	Please check with venue/app as these sessions may change weekly.	Scottish Cycling	
1600 - 1700	Junior Accred 1 8 - 15 yrs				Corporate Session*			
1700 - 1800	Under 14 Dev Session		Adult Accreditation Practice		Junior Accred 1 8 - 15 yrs			
1800 - 1900	Youth Development Session		Adult Accred 1		Junior Accred 2			
1900 - 2000	Youth Development Session	Glasgow Riderz	DST Endurance Session	Womans Only Session	Closed	Closed		
2000 - 2100		Adult Accredited Drop-In	Scottish Cycling	Adult Accred 2				
2100 - 2200	Adult Accredited Drop-In	DST Endurance Session		Adult Accredited Drop-In			Youth Programme	

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

Junior Accred 3 is on Sun 23rd Feb, 5th Apr, 17th May, 28th Jun & 23rd Aug 2 - 4pm

Junior Accred 4 is on 8th Mar, 19th Apr, 31st May, 12th Jul & 6th Sep 2 - 4pm

Adult Accred 4 is on Sun Sun 29th Mar 6-8pm, 3rd May, 14th Jun & 26th Jul 2- 4pm

Please note due to Special Events the usual timetable will not go ahead on the following dates: (from 12pm) 14th Feb

Please note due to Special Events the usual timetable will not go ahead on the following dates: 8th - 12th Aug

* 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