

BMX Centre Timetable Nov 2019 - Mar 20



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEK 1
0700 - 0800								
0800 - 0900								Weeks Beginning:
0900 - 1000								05/08/2019
1000 - 1100						Into to BMX Level 1	Come &Try session Free	19/08/2019
1100 - 1200								02/09/2019
1200 - 1300						Rock up & Ride	Start Gate session	16/09/2019
1300 - 1400								30/09/2019
1400 - 1500						Come &Try session Free		14/10/2019
1500 - 1600						Intermediate BMX Level 2	Rock up & Ride	28/10/2019
1600 - 1700	Rock up & Ride	Education	Rock up & Ride					11/11/2019
1700 - 1800								25/11/2019
1800 - 1900	Intro to BMX Level 1		Female Come &Try					09/02/2019
1900 - 2000	Glasgow Riders	Intermediate BMX Level 2	Start Gate session	Titans BMX Club	Go Ride Sessions			23/01/2019
2000 - 2100	Rock up & Ride	Rock up & Ride						
2100 - 2200								20/01/2020
								03/02/2020
								17/02/2020
								02/03/2020

Please check with the Venue to ensure all sessions are still running or the online App system .

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEK 2
0700 - 0800								
0800 - 0900								
0900 - 1000								
1000 - 1100								
1100 - 1200								
1200 - 1300								
1300 - 1400								
1400 - 1500								
1500 - 1600								
1600 - 1700	Rock up & Ride	Education	Rock up & Ride	Rock up & Ride	Rock up & Ride			
1700 - 1800				Rock up & Ride	Rock up & Ride			
1800 - 1900	Intro to BMX Level 1		Female only session	Intro to Start hill Level 3	Go Ride Sessions			
1900 - 2000	Glasgow Riders	Intermediate BMX Level 2	Start Gate session	Titans BMX Club				
2000 - 2100	Rock up & Ride	Rock up & Ride						
2100 - 2200								
								Weeks Beginning:
								12/08/2019
								26/08/2019
								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