

Sir Chris Hoy Velodrome Timetable

May 2024 - August 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
0700 - 0800	Closed	Adult Coach Led Tempo Session - Max 16	Closed	Closed	Adult Coach Led Tempo Session Max 16	Closed	Closed			
0800 - 0900		Adult Coach Led Interval Session Max 16			Adult Coach Led Tempo Session Max 16	Adult Coach Led Tempo Session Max 16				
0900 - 1000		Adult Coach Led Endurance Session - Max 16			Adult Coach Led Tempo Session Max 16	Adult Coach Led Tempo Session Max 16	Family session - Max 16	Adult Coach Led Tempo Session Max 16		
1000 - 1100		Education			Adult Coach Led Tempo Session Max 16	Adult Coach Led Tempo Session Max 16	Education	Rotation with Junior Accred1 & 2/ progression	Adult Coach Led Endurance Session - Max 16	
1100 - 1200		Adult Coach Led Tempo Session - Max 16			Adult Coach Led Tempo Session Max 16	Adult Coach Led Tempo Session Max 16	Adult Coach Led Tempo Session Max 16	Junior Taster Session 8yrs - 10yrs max 10	Rotation with Adult Accred1 & 2	
1200 - 1300		Adult Coach Led Tempo Session - Max 16			Adult Coach Led Tempo Session Max 16	Adult Coach Led Tempo Session Max 16	Adult Coach Led Tempo Session Max 16	Closed	Closed	
1300 - 1400		Adult Coach Led Endurance Session - Max 16			Adult Coach Led Endurance Session - Max 16	Adult Coach Led Endurance Session - Max 16	Adult Coach Led Endurance Session - Max 16	Accreditation level 3 /4 - check App push notifications for dates max 20	Adult Coach Led Tempo Session Max 16	
1400 - 1500		Adult Coach Led Sprint Session - Max 8			Adult Coach Led Sprint Session - Max 8	Adult Coach Led Sprint Session - Max 8	Adult Coach Led Sprint Session - Max 8		Sprint- Pursuit Max 20	
1500 - 1600		Adult Coach Led Endurance Session - Max 16			Adult Coach Led Sprint Session Max 8	Adult Coach Led Tempo Session Max 16	Adult Coach Led Sprint Session Max 8	Adult Coach Led Tempo Session Max 16		
1600 - 1700		Adult Coach Led Sprint Session - Max 8			Adult Coach Led Sprint Session Max 8	Adult Coach Led Tempo Session Max 16	Adult Coach Led Sprint Session Max 8			
1700 - 1800		Closed			Closed	Closed	Closed			
1800 - 1900		Adult Accreditation 1 max16			Sprint- Pursuit Max 20	Adult Accreditation 2 max16	Para Cycling Beginners Max 6	Closed	Closed	Closed
1900 - 2000		Adult Coach Led Tempo Session - Max 16				Coach led youth session max 16	Para Cycling Advanced Max 6			
2000 - 2100		Adult Coach Led Tempo Session - Max 16			Women only session max 16					
2100 - 2200	Women only session max 16	Adult DST Endurance - Max 20	Adult Coach Led Tempo Session Max 16	Women only session max 16						

Please check the Velodrome App for all up to date sessions as changes to the programme can take place

[click here to download the App](#)