



Sir Chris Hoy Velodrome Timetable

27th September - 31 March 2022



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
0700 - 0800	Closed	Adult Coach Led Tempo Session - Max 16	Closed	Closed	Adult Coach Led Tempo Session	Closed	Closed	
0800 - 0900	Adult Coach Led Tempo Session	Adult Coach Led Interval Session	Adult Coach Led Tempo Session	Closed	Adult Coach Led Interval Session	Closed	Closed	
0900 - 1000	Adult Coach Led Tempo Session	Adult Coach Led Endurance Session	Scottish Cycling	Closed	Adult Coach Led Endurance Session	Family session	Scottish Cycling	
1000 - 1100	Education	Education	Education	Closed	Education	Adult DST Sprint -Pursuit		
1100 - 1200	Education	Education	Education	Closed	Education			
1200 - 1300	Adult Coach Led Tempo Session	Adult Coach Led Tempo Session	Adult Coach Led Tempo Session	Closed	Adult Coach Led Tempo Session	Adult Revalidation		
1300 - 1400	Adult Coach Led Endurance Session	Scottish Cycling	Closed	Scottish Cycling	Adult Coach Led Endurance Session	Junior Accred 2	Adult Coach Led Tempo Session	
1400 - 1500	Adult Coach Led Tempo Session		Closed		Adult Coach Led Tempo Session	Adult Accred 2	Junior Accred progression	
1500 - 1600	Adult Coach Led Endurance Session		Closed		Adult Coach Led Endurance Session	Derny session	Junior /Adult level 3/4 check for dates below-	
1600 - 1700	Adult Coach Led Sprint Session	Adult Coach Led Sprint Session	Closed	Adult Coach Led Tempo Session	Adult Coach Led Tempo Session	Closed		
1700 - 1800	Junior Accred 1	Para- cycling Beginners session	Closed	Junior Revalidation	Adult Coach Led Sprint Session	Closed	Introduction to Sprint	
1800 - 1900	Adult Revalidation	Para- cycling Advanced session	Closed	Intro to Youth Development	Adult Accred progression	Closed	University Cluster Sessions	
1900 - 2000	Youth Development Session	Glasgow Riderz	Closed	Adult Accred 1	Women Only session	Closed		
2000 - 2100		Adult DST Endurance	Closed	Adult DST Sprint -Pursuit with Gates-	Introduction to Derny	Closed	Closed	
2100 - 2200	Adult Coach Led Tempo Session		Closed		Closed	Closed	Closed	Closed

Rotate 10th Oct onwards until 31st March 2022

Wed bookable 31 days in advance	Junior Accred Level 3	Adult Accred Level 3	Junior Accred Level 4	Adult Accred Level 4
	10th Oct 3-5pm	17th Oct 3-5pm	24th Oct 3-5pm	31st Oct 3-5pm
	7th Nov 3-5pm	14th Nov 3-5pm	21 Nov 3-5pm	28th Nov 3-5pm
	5th Dec 3-5pm	12th Dec 3-5pm	19th Dec 3-5pm	9th Jan 3-5pm
	16th Jan 3-5pm	23rd Jan 3-5pm	30th Jan 3-5pm	6th Feb 3-5pm
	13th Feb 3-5pm	20th Feb 3-5pm	27th Feb 3-5pm	6th March 3-5pm
	13th March 3-5pm	20th March 3-5pm	27th March 3-5pm	