

### Sir Chris Hoy Velodrome Timetable

April 2024 - New summer time table coming soon -

	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 Endurance Session - Max 16	Family session - Max 16	Family session - Max 16	
1000 - 1100		Education			Closed	Education	Rotation with Junior Accred1 & 2/ progression	Rotation with Adult Accred1 & 2/ progression	
1100 - 1200									Junior Taster Session 8yrs - 10yrs max 10
1200 - 1300		Adult Coach Led Tempo Session - Max 16			Closed	Closed			
1300 - 1400		Closed			Closed	Scottish Cycling	Adult Coach Led Endurance Session - Max 16	Accreditation level 3 /4 - check App push notifications for dates max 20	Junior Accred progression max 16
1400 - 1500							Adult Coach Led Sprint Session - Max 8	Corporate or Birthday party	
1500 - 1600							Adult Coach Led Endurance Session - Max 16	Adult Coach Led Tempo Session Max 16	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	Closed	Closed			
1700 - 1800	Closed	Scottish Cycling	Adult Accreditation 1 max16	Closed					
1800 - 1900	Coach Led Youth Session under 16s max 20		Adult Accreditation 2/ progression session max 16	Para Cycling Beginners Max 6					
1900 - 2000			Glasgow Riderz	Para Cycling Advanced Max 6	Track League October - March				
2000 - 2100	Adult Coach Led Tempo Session - Max 16	Adult DST Endurance - Max 20	Sprint- Pursuit Max 20	Women only session max 16					
2100 - 2200	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 -<https://www.glasgowlife.org.uk/sport/venues/emirates-arena/cycling>