**British Cycling Sessions (Road Circuit)**

**Book online for £3**

**Visit www.britishcycling.org.uk/go-ride**

Thursday 9th October 6pm – 7pm

Saturday 25 October 11am – 12:30pm

Thursday 6 November 6 - 7pm

Saturday 29 November 11am – 12:30pm

Saturday 13 December 11am – 12:30pm

**PP Simtech Track Cycling**

**National Cycling Centre Sessions (Velodrome)**

Thursday 16 October 5pm – 6pm

Thursday 30 October 5pm – 6pm

Thursday 6 November 5pm – 6pm

Thursday 20November 5-6pm

Thursday 4 December 5 – 6pm

Thursday 18 December 5 – 6pm

**For track cycling sessions at the Velodrome riders must pre book with the National Cycling Centre on 0161 223 2244**