

# YORK SPORT WINTER CYCLING TIMETABLE

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## JUNIOR COURSES | Cycle Circuit

Day	Time	Venue	Age group	Class	
Tuesday	16.00–16.45	York Sport Cycling (Indoor)	4–8 years	Bike Skills (Stage 1)	Sport Centre
Tuesday	17.00–17.45	York Sport Cycling (Indoor)	6–10 years	Bike Skills (Stage 2)	Sport Centre
Tuesday	17.30–18.30	York Sport Off Road	10–13 years	Cyclo X	Last session 18.12.18
Wednesday	17.00–18.30	York Sport Cycling	8–11 years	Triathlon (Bike/Run)	
Saturday	13.30–14.30	York Sport	7–10 years	Bike Club	

## ADULT COURSES | Cycle Circuit

Day	Time	Venue	Age Group	Class	
Tuesday	18.00–21.00	York Sport Cycle Circuit	14+ years	Group Training	
Tuesday	19.00–20.00	York Sport Off Road	14+ years	Cyclo X	Last session 18.12.18

## ADULT COURSES | Roller Skiing

Day	Time	Venue	Age Group	Class
Friday	19.30–21.00	York Sport Cycle Circuit	8 years +	Roller Skiing
Sunday	09.00–11.30	York Sport Cycle Circuit	8 years +	Roller Skiing

## ADULT COURSES | Pay and Pedal

Day	Time	Venue	Age Group	Class
Monday	09.00–17.30	York Sport Cycle Circuit	All	Pay and Pedal
Tuesday	09.00–18.00	York Sport Cycle Circuit	All	Pay and Pedal
Wednesday	09.00–17.00 and 18.30–21.00	York Sport Cycle Circuit	All	Pay and Pedal
Thursday	09.00–11.00 and 14.00–17.00	York Sport Cycle Circuit	All	Pay and Pedal
Friday	09.00–19.30	York Sport Cycle Circuit	All	Pay and Pedal
Saturday	14.30–19.00	York Sport Cycle Circuit	All	Pay and Pedal
Sunday	11.30–19.00	York Sport Cycle Circuit	All	Pay and Pedal



Day	Time	Venue	Age group	Class
Monday	06.15–06.45	Studio 2	16 years +	Sufferfest
Monday	12.15–13.00	Studio 2	16 years +	Sufferfest
Monday	17.15–18.00	Studio 2	16 years +	Sufferfest
Tuesday	06.15–07.00	Studio 2	16 years +	Sufferfest
Tuesday	14.00–14.45	Studio 2	16 years +	Sufferfest
Tuesday	18.00–18.45	Studio 2	16 years +	Sufferfest
Wednesday	06.15–07.00	Studio 2	16 years +	Sufferfest
Wednesday	07.15–08.15	Studio 2	16 years +	Sufferfest
Wednesday	09.30–10.30	Studio 2	16 years +	Sufferfest
Wednesday	12.15–13.00	Studio 2	16 years +	Sufferfest
Wednesday	17.15–18.00	Studio 2	16 years +	Sufferfest
Thursday	06.15–07.00	Studio 2	16 years +	Sufferfest
Thursday	14.00–14.45	Studio 2	16 years +	Sufferfest
Thursday	19.15–20.00	Studio 2	16 years +	Sufferfest
Friday	06.15–06.45	Studio 2	16 years +	Sufferfest
Friday	12.00–12.45	Studio 2	16 years +	Sufferfest
Friday	17.15–18.15	Studio 2	16 years +	Sufferfest
Saturday	08.00–09.00	Studio 2	16 years +	Sufferfest
Saturday	11.15–12.15	Studio 2	16 years +	Sufferfest
Sunday	07.45–08.45	Studio 2	16 years +	Sufferfest
Sunday	11.15–12.15	Studio 2	16 years +	Sufferfest

Timetable valid 2nd January 2019 – 22nd April 2019