

## Happy New Year & Welcome to Clancy Briggs LIVE 2021!

Take a look at our timetable below and then book your classes.

On Page 3 you'll find details of our **BRAND NEW Youth & Junior Development Programme!**

Simply email [team@clancybriggs.co.uk](mailto:team@clancybriggs.co.uk) to reserve your place(s) and we'll be in touch with all the details you need to join us via Zoom.



### Saturday 9th January

**09.00 - 09.30**      **Early PEDAL +**  
**Recommended for LEARN & PEDAL Members, Ages 3-6**

This is an exercise class for our younger pedallers, to strengthen the muscles needed for cycling and work on key skills like balance in an off the bike environment.

**09.45 - 10.15**      **PEDAL +**  
**Recommended for LEARN & PEDAL Members, Ages 7+**

This is an exercise class for our older pedallers, to strengthen the muscles needed for cycling and work on key skills like balance & coordination in an off the bike environment - it will be a little bit more intense and developed than the earlier class.

### Thursday 14th January

**19.00 - 19.30**      **Maintenance Class**  
**Recommended for PARENTS & KIDS, All Ages Welcome**

A chance for parents and kids to learn the basic everyday maintenance skills (puncture repair, gear indexing etc) that can be really useful to know, especially if you've got a cycling mad child!

## Saturday 16th January

09.00 - 09.30      Early PEDAL +

**Recommended for LEARN & PEDAL Members, Ages 3-6**

This is an exercise class for our younger pedallers, to strengthen the muscles needed for cycling and work on key skills like balance in an off the bike environment.

09.45 - 10.15      PEDAL +

**Recommended for LEARN & PEDAL Members, Ages 7+**

This is an exercise class for our older pedallers, to strengthen the muscles needed for cycling and work on key skills like balance & coordination in an off the bike environment - it will be a little bit more intense and developed than the earlier class.

## Sunday 17th January

17.00 - 17.30      Ed Clancy Post-Xmas Catch Up

**Recommended for all PARENTS & KIDS, All Ages Welcome**

A chance to find out what Ed's been up-to and hear how his Olympic build-up is going. If you've got any questions it's also a chance to quiz him and get tips from a Olympic Champ!

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Keep scrolling for further details of our **BRAND NEW Youth & Junior Development Programme!**

# Youth & Junior Development Programme

Launching as a brand new programme in 2021, our CB LIVE Youth & Junior Development Programme is open to ALL 10-18 year olds Nationwide!

If you are already a Clancy Briggs Academy Member, this programme is included as part of your membership when your physical venue is unavailable due to Coronavirus closures, or if you are unable to travel to your venue because of tier restrictions.

If you are not a Clancy Briggs Academy Member, you can subscribe to this programme which provides 2 classes every week for £30 per month - email [team@clancybriggs.co.uk](mailto:team@clancybriggs.co.uk) to find out more.

Here are the details for this week's Youth & Junior Development Programme Sessions:

## Monday 11th January

**19.00 - 19.30**      **Education Session**

**Recommended for ages 10-18. NEW SUBSCRIBERS welcome**

Our first ever Clancy Briggs Youth & Junior development programme (CBYDP) education session. Graham Briggs and Ali Slater will lead this session, it's a chance for our coaches to share their knowledge and discuss all aspects of training and racing.

## Tuesday 12th January

**18.00 - 19.00**      **Turbo Training Session**

**Recommended for ages 10-18. NEW SUBSCRIBERS welcome**

For those of you with access to a turbo or set of rollers this is our training session. If you've got Zwift jump online and ride virtually with our coaches and even take them on in a workout! If not, don't worry, we'll also be live on Zoom.