

Welcome to Clancy Briggs LIVE 2021 - Week 2 Timetable

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

On Page 2 you'll find details of our **BRAND NEW Youth & Junior Development Programme!**

Simply email 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.

Thursday 21st January

17.00 - 17.30 **Cycling Road Safety**

Recommended for PARENTS & KIDS, All Ages Welcome

This is an opportunity for all ages to learn the fundamentals of road safety for cyclists. The aim of this session is to ensure you learn safe and effective ways to maximise the fun! Being able to ride safely on the road opens up more cycling opportunities and creates confidence to get out and ride even more.

Saturday 23rd 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.

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 Rider, you can subscribe to this programme which provides 2 classes every week for £30 per month - email team@clancybriggs.co.uk to find out more.

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

Monday 18th January

19.00 - 19.30 **Education Session**

Recommended for ages 10-18. NEW SUBSCRIBERS welcome

Our 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 19th 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.