

## Welcome to Clancy Briggs LIVE 2021 - Week 4 Timetable

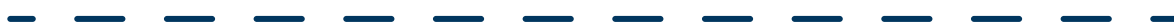
Take a look at our timetable below and then book your classes for 1st - 7th February 2021.

For your usual monthly fee, you can attend as many as you like!

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.

## Book a 1-2-1 Session with Our Coaches

Included in your usual monthly fee is the chance to have a 1-2-1 coaching session via Zoom. Both Parents & Kids welcome to attend to get answers to specific questions. Get in touch to book a day and time.



# 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](mailto:team@clancybriggs.co.uk) to find out more.

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

## Monday 1st February

19.00 - 19.30 Education Session

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

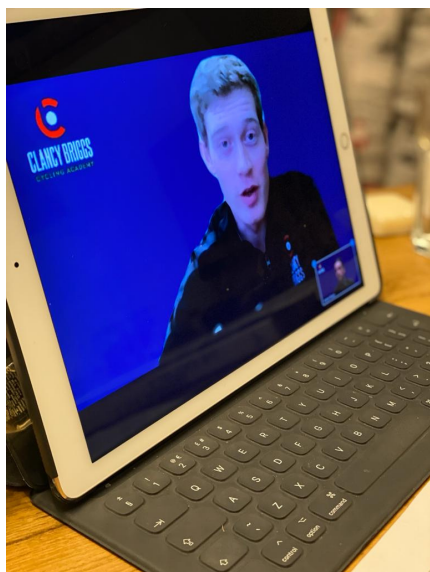
This week we're covering key training principles with real world examples. A must for any kids who are interesting in racing!

## Tuesday 2nd February

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.



**Here are the details for the other CB LIVE Classes for this week:**

## Thursday 4th February

**18.00 - 18.30      CB Challenge Update & How To Plan A Ride**

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

We'll be checking your progress on the CB Challenge and we'll also be talking about the best way to plan a ride. We'll even cover what you should eat and drink while you're out!

## Saturday 6th February

**09.00 - 09.30      PEDAL +**

**Recommended for LEARN & PEDAL Members, All Ages**

This is an exercise class for our 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      Road Safety**

**Recommended for CHILDREN & PARENTS**

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.



# #GetOutAndRide