

Welcome to Clancy Briggs LIVE 2021 - Week 5 Timetable

Take a look at our timetable below and then book your classes for 8th - 14th February 2021.

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

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 Teams.

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 Teams. 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 to find out more.

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

Monday 8th February

19.00 - 19.30 Education Session

Recommended for ages 10-18. NEW SUBSCRIBERS welcome

This week we have a very special guest. Cycling legend John Herety will be talking top tips for young and aspiring cyclists. This is a session not to be missed!

Tuesday 9th 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 Teams.



John Herety With Graham Briggs

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

Thursday 11th February

18.00 - 18.30 CB Challenge Update & Bike Wash

Recommended for PARENTS & KIDS, All Ages Welcome

We'll be checking your progress on the CB Challenge and also giving you the low down on the best tips and techniques for washing your bike.

Saturday 13th February

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.



#GetOutAndRide