

Welcome to Clancy Briggs LIVE 2021 - Week 6 Timetable

It's Half Term so we have even more classes for you this week!

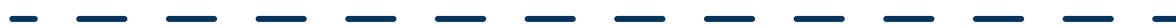
Take a look at our timetable below and then book your classes for 15th - 21st February 2021.

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

We have extra slots available this half term for 1-2-1 coaching sessions 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 15th February

19.00 - 19.30 Education Session

Recommended for ages 10-18. NEW SUBSCRIBERS welcome

This week is team quiz night! An action packed half hour of fun for a chance to show off your knowledge in a friendly competition.

Tuesday 16th 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.



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

Wednesday 17th February

08.30 - 09.00 Get Up & Go!

Recommended for LEARN & PEDAL Members, All Ages

An off the bike session with exercises and stretching to help you start the day in the very best way!

09.15 - 09.45 Cycling Strength & Mobility

Recommended for RACE Members

An off the bike session for our RACE riders to show them the best exercises for strength and mobility to improve their on the bike performance.

Thursday 18th February

18.00 - 18.30 Skills & Challenge Q&A

Recommended for PARENTS & KIDS, All Ages Welcome

Send your skills videos over and we'll review them together. There'll be time to ask questions from our pro-cyclist coaches.

Saturday 20th 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. It will be a little bit more intense and developed than the earlier class.



#GetOutAndRide