

Welcome to Clancy Briggs LIVE 2021 - Week 7 Timetable

Take a look at our timetable below and then book your classes for 22nd - 28th 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 22nd February

19.00 - 19.30 **Cycling Teams**

Recommended for ages 10-18. NEW SUBSCRIBERS welcome

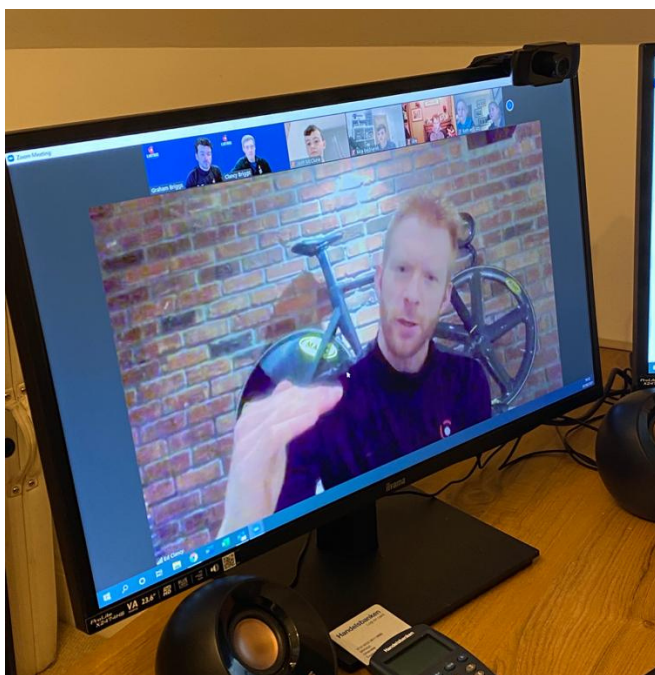
The ins and outs of cycling teams including an ownership & responsibility overview.

Tuesday 23rd 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:

Thursday 25th February

18.00 - 18.30 Healthy Eating

Recommended for PARENTS & KIDS, All Ages Welcome

What is it they say? You can't out-train a bad diet? So we want to help our riders learn about the importance of nutrition for a healthy lifestyle

Saturday 27th 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 CB Super Quiz

Recommended for PEDAL Members, All Ages

Let's find out what you've remembered from our lessons so far. Can you answer more quiz questions than your fellow riders?



#GetOutAndRide