

Welcome to Clancy Briggs LIVE 2021 - Week 8 Timetable

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

19.00 - 19.30 **Fitness Testing**

Recommended for ages 10-18. NEW SUBSCRIBERS welcome

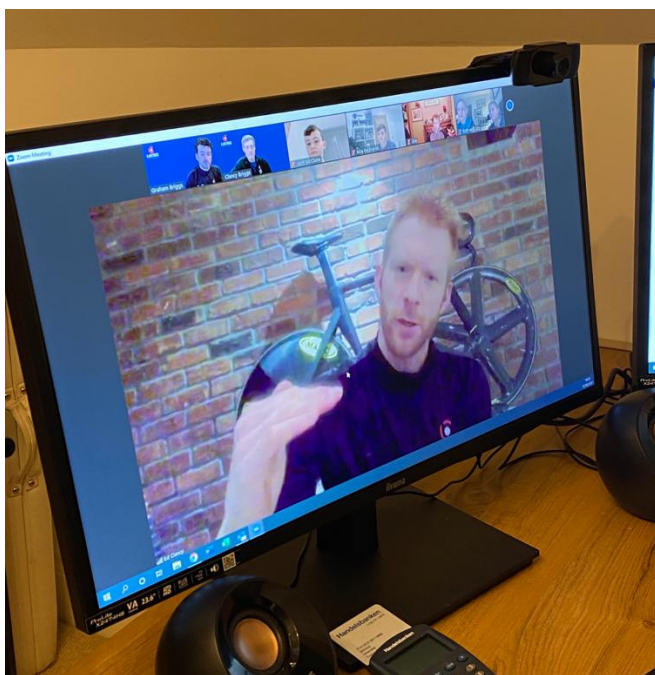
We will discuss different ways to set performance benchmarks and measure our progress.

Tuesday 2nd March

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 4th March

18.00 - 18.30 How To Get Into Racing

Recommended for PARENTS & KIDS, All Ages Welcome

Explaining everything you need to know about getting started in racing and the different disciplines you could explore.

Saturday 6th March

09.00 - 09.30 EARLY PEDAL

Recommended for LEARN & PEDAL Members, Ages 3 - 6

This week we'll be doing a Treasure Hunt! Pirate costumes and eye patches optional!

09.45 - 10.15 PEDAL +

Recommended for PEDAL Members, Ages 7+

A fun Treasure Hunt for our older pedallers!



#GetOutAndRide