

## Welcome to Clancy Briggs LIVE 2021 - Week 9 Timetable

Take a look at our timetable below and then book your classes for 8th - 14th March 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 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](mailto:team@clancybriggs.co.uk) to find out more.

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

## Monday 8th March

**19.00 - 19.30**      **Overtraining Symptoms**

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

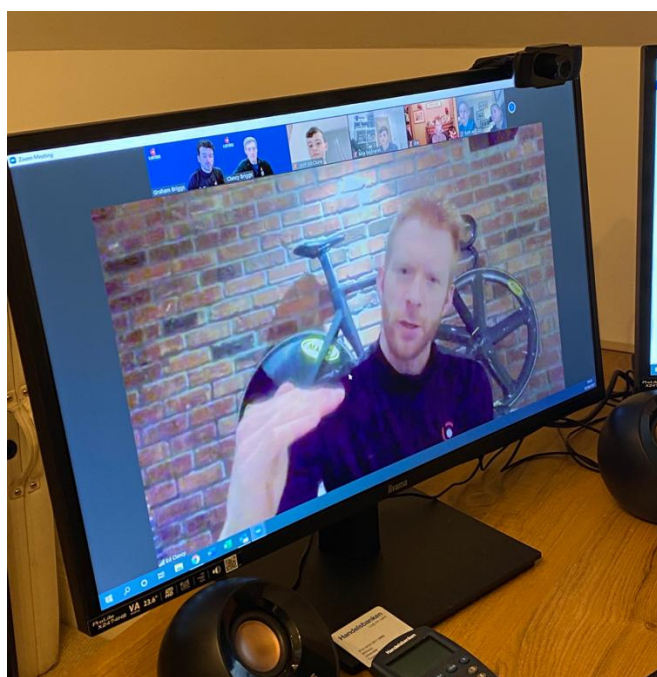
We will discuss common signs of overtraining and how to avoid these.

## Tuesday 9th 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 11th March

18.00 - 18.30 Talent Pathways

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

An overview of the British Cycling Talent Pathway. Find out more about what it is and how to access it.

## Saturday 13th March

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