

Welcome to Clancy Briggs LIVE 2021 - Week 10

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

19.00 - 19.30 **Race Briefing**

Recommended for ages 10-18. NEW SUBSCRIBERS welcome

A full run through of the first race back: No Nonsense Youth Circuit Races.

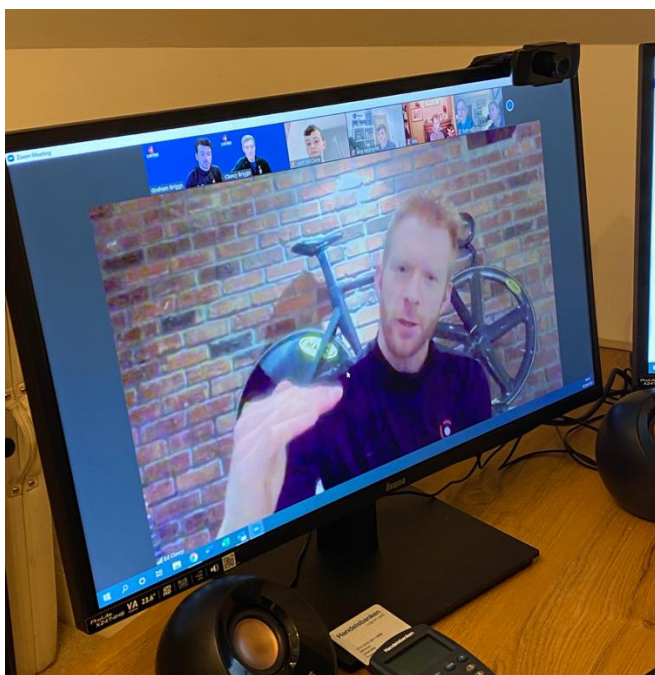
Tuesday 16th March

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.

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

Thursday 18th March

18.00 - 18.30 Cycling Clothing

Recommended for PARENTS & KIDS, All Ages Welcome

The essentials, good and bad, what's needed for race day. We'll cover the clothing we recommend for different disciplines.

Saturday 20th March

09.00 - 09.30 All Ages YOGA

Recommended for All Ages

This is a yoga class to strengthen the muscles needed for cycling and to work on key skills like balance in an off the bike environment.

09.45 - 10.15 All Ages HIIT

Recommended for All Ages

High Intensity Interval Training to get the blood pumping. Let our coaches put you through your paces in a class designed to improve your overall fitness.



#GetOutAndRide