

## Welcome to Clancy Briggs LIVE 2021 - Week 11 Timetable

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

**19.00 - 19.30**      **Guest Speaker: Jon Mould**  
**Recommended for ages 10-18. NEW SUBSCRIBERS welcome**

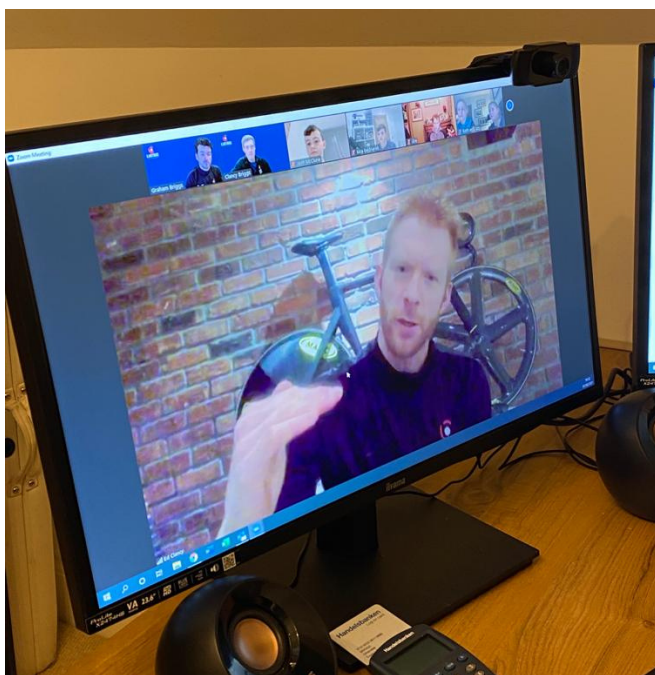
Hear from the most successful Tour Series racer in history.

Tuesday 23rd 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:

Saturday 27th March

09.00 - 09.30      Pre-Ride Activation

**Recommended for Ages 3 to 6**

09.45 - 10.15      Pre-Ride Activation

**Recommended for Ages 7+**

Similar to our usual PEDAL classes, these sessions will have specific focus on exercises that will help get the most from the cycling classes when we return. These are exercises that we think are good immediately before a session on your bike.

We hope you've enjoyed CB LIVE over the last 3 months & we can't wait to see you back on the track next week!



#GetOutAndRide