

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
0700 - 0800	Closed	Adult Coach Led Tempo Session - Max 16	Closed	Closed	Adult Coach Led Tempo Session Max 16	Closed	Closed			
0800 - 0900		Adult Coach Led Interval Session Max 16			Adult Coach Led Tempo Session Max 16	Adult Coach Led Tempo Session Max 16				
0900 - 1000		Adult Coach Led Endurance Session - Max 16			Family session - Max 16	Adult Coach Led Tempo Session Max 16				
1000 - 1100		Education			Education	Adult Coach Led Endurance Session - Max 16				
1100 - 1200		Junior Taster Session 8yrs - 10yrs Max 10			Rotation with Adult Accred1 & 2	Adult Coach Led Endurance Session - Max 16				
1200 - 1300		Adult Coach Led Tempo Session - Max 16			Adult Coach Led Tempo Session Max 16	Adult Coach Led Tempo Session Max 16				
1300 - 1400		Closed			Adult Coach Led Endurance Session - Max 16	Scottish Cycling	Adult Coach Led Endurance Session - Max 16	Accreditation level 3 /4 - check App push notifications for dates Max 20	Adult Coach Led Tempo Session Max 16	
1400 - 1500					Adult Coach Led Sprint Session - Max 8		Adult Coach Led Sprint Session - Max 8		Adult Coach Led Sprint Session - Max 8	
1500 - 1600					Adult Coach Led Tempo Session Max 16		Adult Coach Led Tempo Session Max 16		Closed	Adult Coach Led Tempo Session Max 16
1600 - 1700		Adult Coach Led Sprint Session - Max 8			Adult Coach Led Sprint Session Max 8	Adult Coach Led Tempo Session Max 16	Adult Coach Led Sprint Session Max 8	Closed	Adult Coach Led Tempo Session Max 16	
1700 - 1800		Closed			Adult Accreditation 2 Max16	Closed	Closed			
1800 - 1900		Adult Accreditation 1 Max16			Scottish Cycling	Glasgow Riderz Club 6pm - 730pm	Para Cycling Beginners Max 6	Track League October 2024 - March 2025	Closed	Closed
1900 - 2000		Adult Coach Led Tempo Session - Max 16					Para Cycling Advanced Max 6			
2000 - 2100		Sprint- Pursuit Max 20			Adult DST Endurance - Max 20	Glasgow Life -Youth Development Cluster session 730pm - 930pm Max 30	Women only session Max 16			
2100 - 2200	Women only session Max 16									

Please check the Velodrome App for all up to date sessions as changes to the programme can take place [click here to download the App](#)