

## Herne Hill Velodrome Weekly Sessions 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
Morning							
					9:00 – 10:00 Youth Track Training		9:00 – 12:00 Advanced Track Training
					10:00 – 12:00 Intermediate Track Training	10:00 – 11:00 HHYCC MTB Beginners and Improvers	
					12:00 – 12:45 Novice Track Induction	11:00 – 13:00 HHYCC MTB Intermediate and Advanced	
					12.45 – 14:00 Novice Track Training		
Evening							
				16:30 – 17:00 Youth Own Bike Track Riding			
18:30 – 19:00 Track Racing Induction				17:00 – 18:00 VCL Youth Track Training			16:00 – 18:00 Track Training Women Only
19:00 - 21:00 Track Racing Training	18:00 - 21:00 Road Bike Training	19:00 - 21:00 Track Race League	19:00 – 21:00 Derny Track Training	18:00 - Dark VCL Youth Track Training			

 Novice Session	 Intermediate Session	 Advanced Session	 Youth Only Session
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