



VeloPark December 2023 Track Timetable

The programme is subject to change with sessions added or cancelled at short notice.
This timetable shows session START TIMES. For session durations and full details please check our website:
<https://www.better.org.uk/leisure-centre/lee-valley/velopark/track-cycling>

Competitions are run by 3rd Party Organisers, please check website for contact details

Start Time	Monday 4 December	Tuesday 5 December	Wednesday 6 December	Thursday 7 December	Friday 8 December	Saturday 9 December	Sunday 10 December	Start Time
08:00							BC Development centre	08:00
09:00						Drop in A		09:00
10:00								10:00
11:00						Flying Lap taster (11:10)	Flying Lap taster (11:10)	11:00
12:00		Over 40s and Women's Training		Drop in U	Over 40s and Women's Training			12:00
13:00						Taster (13:15)	VP experience (13:15)	13:00
14:00	Para-cycling			Drop in U (13:30)				14:00
15:00		BC City Academies (16:30)			Drop in U (14:45)		Flying Lap taster (14:40)	15:00
16:00					Taster	Club Booking	Stage 2 (16:30)	16:00
17:00	Stage 1 (16:30)	Drop in A	Club Booking		Drop in A			17:00
18:00	Endurance SQT	Full Gas Track League	Club Booking		Full Gas - Track League			18:00
19:00								19:00
20:00								20:00
21:00								21:00
Start Time	Monday 11 December	Tuesday 12 December	Wednesday 13 December	Thursday 14 December	Friday 15 December	Saturday 16 December	Sunday 17 December	Start Time
08:00								08:00
09:00						Drop in A	Drop in U	09:00
10:00						Flying Lap taster (11:10)	Flying Lap taster (11:10)	10:00
11:00								11:00
12:00		Over 40s and Women's Training			Over 40s and Women's Training			12:00
13:00				Derny SQT		VP experience(13:00)	Taster (13:15)	13:00
14:00	Drop in U	Drop in U (14:30)			Drop in U (14:45)	Flying Lap taster (14:40)	Flying Lap taster (14:40)	14:00
15:00	Taster (16:15)		Drop in U	Track Drop in U				15:00
16:00		Taster			Taster	Flying Lap taster (16:10)	Flying Lap taster (16:10)	16:00
17:00	After school track session (17:30)	Drop in A	Taster (17:30)	Taster	Flying Lap Taster (18:10)			17:00
18:00	Endurance SQT	Full Gas Track League	Womens Training					18:00
19:00					Flying Lap Taster(19:40)			19:00
20:00								20:00
21:00								21:00
Start Time	Monday 18 December	Tuesday 19 December	Wednesday 20 December	Thursday 21 December	Friday 22 December	Saturday 23 December	Sunday 24 December	Start Time
08:00								08:00
09:00								09:00
10:00						Flying Lap Taster		10:00
11:00								11:00
12:00		Over 40s and Women's Training	Taster (12:30)	Drop In U	Over 40s and Women's Training	Flying Lap Taster (11:30)		12:00
13:00			Sprint SQT			Flying Lap Taster		13:00
14:00	Para-cycling							14:00
15:00		Drop in U (14:30)		Taster (14:30)	Drop in U (14:45)	Flying Lap Taster (14:30)		15:00
16:00		Taster		Drop In U	Taster	Flying Lap Taster		16:00
17:00	Stage 3 (16:30)	Drop in A	Drop In U		Flying Lap Taster (18:10)			17:00
18:00								18:00
19:00	Endurance SQT	Full Gas Track League	Flying lap taster (19:30)	Taster (18:15)				19:00
20:00				Flying lap taster (19:30)				20:00
21:00								21:00
Start Time	Monday 25 December	Tuesday 26 December	Wednesday 27 December	Thursday 28 December	Friday 29 December	Saturday 30 December	Sunday 31 December	Start Time
08:00								08:00
09:00								09:00
10:00								10:00
11:00								11:00
12:00								12:00
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20:00								20:00
21:00								21:00