

Weekly Track Cycling Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 - 4pm Easy Rider Open	12 - 2pm Lunchtime Drop In Stage 3	7 - 9am Early Bird Stage 3	12 - 2pm Lunchtime Drop In Stage 2	2 - 4pm Open Para Track**	9 - 10am Youth Intro Stage 1	4 - 5pm Track Intro Stage 1
5 - 6.30pm Youth Intro Stages 1 & 2	5 - 6pm Endurance Derny* Stage 3	6 - 8pm Youth Stage 4 NL/WCU		5 - 6pm Track Intro Stage 1	10 - 11am Youth Stage 2	
7 - 10pm Endurance Track League	6 - 7pm Women's Only Sessions	8 - 10pm Adult Stage 2 & 3		6 - 8pm Vets Club*** Stage 3	11 - 12pm Youth Stage 3	
	7 - 9pm Regular Riders Stage 2				1 - 3pm Youth Stage 4	
	9 - 10pm Track Intro Stage 1				6 - 9pm Sprint Track League (This is not weekly, please check website)	



Amserlen Beicio Trac Wythnosol

Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener	Dydd Sadwrn	Dydd Sul
2 - 4pm Beicwyr Bendigedig Agored	12 - 2pm Sesiwn Galw Heibio Amser Cinio Cam 3	7 - 9am Codwr Cynnar Cam 3	12 - 2pm Sesiwn Galw Heibio Amser Cinio Cam 2	2 - 4pm Trac Para Agored**	9 - 10am Cyflwyniad Ieuentid Cam 1	4 - 5pm Cyflwyniad i'r Trac Cam 1
5 - 6.30pm Cyflwyniad i Ieuentid Cam 1 a 2	5 - 6pm Derny Dygnwch* Cam 3	6 - 8pm Ieuentid Cam 4 NL/WCU		5 - 6pm Cyflwyniad i'r Trac Cam 1	10 - 11am Ieuentid Cam 2	
7 - 10pm Cynghrair Trac Dygnwch	6 - 7pm Sesiynau i Ferched yn Unig	8 - 10pm Oedolion Cam 2 a 3		6 - 8pm Clwb Beicwyr Hŷn***	11 - 13pm Ieuentid Cam 3	
	7 - 9pm Beicwyr Brwd Cam 2				1 - 3pm Ieuentid Cam 4	
	9 - 10pm Cyflwyniad i'r Trac Cam 1				6 - 9pm Cynghrair Trac Gwibio (Nid yw hwn yn wythnosol, edrychwch ar y wefan)	

