

# Weekly Track Cycling Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>12 - 2pm</b> Lunchtime Drop In Stage 3	<b>7 - 9am</b> Early Bird Stage 3			<b>9 - 10am</b> Youth Intro Stage 1	
<b>2 - 4pm</b> Easy Rider Open	<b>5 - 6pm</b> Youth Stage 1		<b>12 - 2pm</b> Lunchtime Drop In Stage 2	<b>2 - 4pm</b> Open Para Track**	<b>10 - 11am</b> Youth Stage 2	<b>4 - 5pm</b> Track Intro Stage 1
<b>5 - 7pm</b> Youth Stage 2 & 3	<b>6 - 7pm</b> Women's Only Sessions	<b>6 - 8pm</b> Youth Stage 4 NL/WCU		<b>5 - 6pm</b> Track Intro Stage 1	<b>11 - 1pm</b> Youth Stage 3&4	
<b>7 - 10pm</b> Open Sprinter Drop in	<b>7 - 9pm</b> Regular Riders Stage 2 +	<b>8 - 10pm</b> 14+ Stage 2 & 3		<b>6 - 8pm</b> Vets Club*** Stage 3	<b>1 - 3pm</b> 14+ Open Effort Session	
	<b>9 - 10pm</b> Track Intro Stage 1			<b>8 - 10pm</b> Discounted Club Session (private hire)		

Scan to book



# Amserlen Beicio Trac Wythnosol

Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener	Dydd Sadwrn	Dydd Sul
	<b>12 - 2pm</b> Sesiwn Galw Heibio Amser Cinio Cam 3	<b>7 - 9am</b> Cynnig Cynnar Cam 3			<b>9 - 10am</b> Cyflwyniad Ieuentid Cam 1	
<b>2 - 4pm</b> Beicwyr Bendigedig Agored	<b>5 - 6pm</b> Ieuentid Cam 1		<b>12 - 2pm</b> Sesiwn Galw Heibio Amser Cinio Cam 2	<b>2 - 4pm</b> Trac Para Agored**	<b>10 - 11am</b> Ieuentid Cam 2	<b>4 - 5pm</b> Cyflwyniad Trac Cam 1
<b>5 - 7pm</b> Ieuentid Cam 2 a 3	<b>6 - 7pm</b> Sesiynau i Ferched yn Unig	<b>6 - 8pm</b> Ieuentid Cam 4 NL/WCU		<b>5 - 6pm</b> Cyflwyniad i'r Trac Cam 1	<b>11 - 1pm</b> Ieuentid Cam 3 a 4	
<b>7 - 10pm</b> Sesiwn Sbrintio Galw Heibio Agored	<b>7 - 9pm</b> Beicwyr Brwd Cam 2+	<b>8 - 10pm</b> 14+ Cam 2 a 3		<b>6 - 8pm</b> Clwb Beicwyr Hŷn*** Cam 3	<b>1 - 3pm</b> Sesiwn Ymdrech Agored 14+	
	<b>9 - 10pm</b> Cyflwyniad Trac Cam 1			<b>8 - 10pm</b> Sesiwn Clwb Gostyngol (hurio preifat)		

Sganiwch i archebu



NEWPORT LIVE  
CASNEWYDD FYW

Youth sessions for 9-15 years old | Sesiynau Ieuentid 9-15 oed  
 Adult sessions for 14+ years old | Sesiynau oedolion 14+ oed  
 Competitive sessions | Sesiynau cystadluol

\* Endurance Deryn will run periodically - please call us to check availability - 01633 656757  
 Bydd Deryn Dygnwch yn digwydd o bryd i'w gilydd - ffoniwch ni i gadarnhau argaeledd

\*\*Open Para Track - sessions for 9+ years old | Trac Para Agored - sesiynau 9+ oed

\*\*\*Vets Club - sessions for females 14+ and males 30+ | Clwb Beicwyr Hŷn - sesiynau i fenywod 14+ oed a dynion 30+ oed

Geraint Thomas  
NATIONAL VELODROME OF WALES  
FELODROM CENEDLAETHOL CYMRU