



Sir Chris Hoy Velodrome Timetable

April 2025 - September 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
0700 - 0800	Closed	Adult Tempo Session - Max 16	Closed	Closed	Adult Coach Session Max 16	Closed	Closed		
0800 - 0900		Adult Interval Session Max 16			Adult Interval Session - Max 16	Adult Tempo Session Max 16	Women Only session		
0900 - 1000		Adult Coach Led Endurance Session - Max 16			Adult Endurance Session - Max 16	Family session - Max 16	Adult Tempo Session Max 16		
1000 - 1100		Education			Education	Rotation with Junior Accred1 & 2/ progression	Adult Endurance Session - Max 16		
1100 - 1200		Adult Tempo Session Max 16			Rotation with Adult Accred1 & 2				
1200 - 1300		Adult Tempo Session - Max 16			Adult Tempo Session Max 16	Adult Tempo Session Max 16	Closed	Closed	
1300 - 1400		Adult Tempo Session - Max 16			Adult Endurance Session - Max 16	Scottish Cycling	Summer Deryn Session beginner Max 10	Accreditation level 3 /4 - check App push notifications for dates Max 20 Rotation Para/ ASN Session	Rotation with Adult Accred 3&4
1400 - 1500		Adult Endurance Session - Max 16			Adult Sprint Session - Max 8		Summer Deryn Session Advanced Max 10		Adult Tempo Session Max 16
1500 - 1600					Adult Tempo Session Max 16		Closed		
1600 - 1700		Adult Sprint Session - Max 8			Adult Sprint Session Max 8	Adult Tempo Session Max 16	Adult Sprint Session Max 8	Closed	Closed
1700 - 1800	Closed	Scottish Cycling	Adult Accreditation 2 Max16	Closed					
1800 - 1900	Adult Accreditation 1 Max16		Glasgow Riderz Club 6pm - 730pm	Para Cycling Beginners Max 6					
1900 - 2000	Adult 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			Adult tempo 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](#)