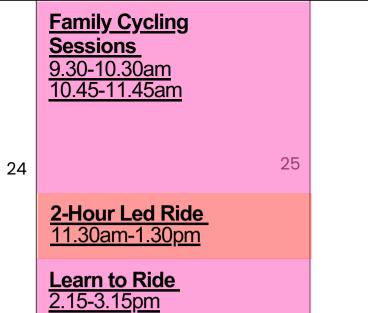


FRIDAY	SATURDAY	SUNDAY	
	Family Cycling Sessions 9.30-10.30am 10.45-11.45am		
03	Confidence Building Led 04 Ride 12-1.30pm	05	
	<u>Learn to Ride</u> 2.15-3.15pm		
	<u>Glentress MTB Day Trip</u> 8.30am-6.30pm		
	Family Cycling Sessions 9.30-10.30am 10.45-11.45am 3.30-4.30pm		
	<u>2-Hour Led Ride</u> 11.30am-1.30pm	C C C C C C C C C C C C C C C C C C C	
	Learn to Ride 2.15-3.15pm		
	Family Cycling Sessions 9.30-10.30am 10.45-11.45am 3.30-4.30pm		
	Monthly 4 Hour Led Ride 10am-2pm 18	NOMEN OT 19	
	<u>Confidence Building Led</u> <u>Ride</u> <u>12-1.30pm</u>		
	Learn to Ride 2.15-3.15pm	WHEELS	

<u>Learn to Ride</u> 10-11am	Learn to Ride (Refugees & Migrants) 10-11am		Mother and Toddler Balance Bike Session 10-11am	
2-Hour Led Ride <u>11.15am-1.15pm</u> 20	Led Ride (Refugees & Migrants) 11.30am-1pm 21	Ret LEARN to cacle LESSORS LES A TRALER GAIN CONFIDENCE JOLING AS A FAMILY J	Bike Maintenance - Gears	
			<u>6.15-8.45pm</u>	
<u>Learn to Ride</u> 10-11am	Learn to Ride (Refugees & Migrants) 10-11am		Mother and Toddler Balance Bike Session 10-11am	
Confidence Building Led <u>Ride</u> <u>11.15am-12.45pm</u> 27	Led Ride (Refugees & Migrants) 11.30am-1pm 28	29	<u>10-11am</u> 30	
			Bike Maintenance - Puncture Repairs 6.15-8.45pm	

MAY 2024













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