

# Weekly Track Cycling Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>2-4pm</b> Easy Rider	<b>12-2pm</b> Lunchtime Drop In Stage 3+	<b>7-9am</b> Early Bird Stage 3+	<b>12-2pm</b> Lunchtime Drop In Stage 2+	<b>2-4pm</b> Open Para Track*	<b>9-10am</b> Youth Intro Stage 1	<b>4-5pm</b> Adult Track Intro Stage 1
<b>5-6pm</b> Youth Intro Stage 1	<b>7-9pm</b> Regular Riders	<b>6-8pm</b> Youth Stage 4 NL/WCU		<b>5-6pm</b> Adult Track Intro Stage 1	<b>10-11am</b> Youth Stage 2+	
<b>6-7pm</b> Youth Stage 2+	<b>9-10pm</b> Adult Track Intro Stage 1	<b>8-10pm</b> SQT Stage 3+		<b>6-8pm</b> Vets Club**	<b>11-13pm</b> Youth Stage 3+	
<b>8:30-10pm</b> Adult Stage 2 & 3					<b>1-3pm</b> Youth Stage 4	

Scan to book



# Amserlen Beicio Trac Wythnosol

Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener	Dydd Sadwrn	Dydd Sul
<b>2-4pm</b> Beicwyr Bendigedig	<b>12-2pm</b> Sesiwn Galw Heibio Amser Cinio Cam 3+	<b>7-9am</b> Cynnig Cynnar Cam 3+	<b>12-2pm</b> Sesiwn Galw Heibio Amser Cinio Cam 2+	<b>2-4pm</b> Trac Para Agored*	<b>9-10am</b> Cyflwyniad i leuencid Cam 1	<b>4-5pm</b> Cyflwyniad i'r Trac i Oedolion Cam 1
<b>5-6pm</b> Cyflwyniad i leuencid Cam 1	<b>7-9pm</b> Beicwyr Brwd	<b>6-8pm</b> leuencid Cam 4 NL/WCU		<b>5-6pm</b> Cyflwyniad i'r Trac i Oedolion Cam 1	<b>10-11am</b> leuencid Cam 2+	
<b>6-7pm</b> leuencid Cam 2+	<b>9-10pm</b> Cyflwyniad i'r Trac i Oedolion Cam 1	<b>8-10pm</b> SQT Cam 3+		<b>6-8pm</b> Clwb Beicwyr Hŷn**	<b>11-13pm</b> leuencid Cam 3+	
<b>8:30-10pm</b> Oedolion Camau 2 a 3					<b>1-3pm</b> leuencid Cam 4	

Sganiwch i archebu



**Tuesday Race Nights:** Start 8th October, every other week, 7pm-10pm  
(Endurance A, B, and sprints)

**Friday Race Nights:** Start 1st November, every other week, 7:30pm-10pm  
(Youth B & C and Adult intro to racing)

**Veterans' Sessions:** On race night weeks, these sessions will move to 6pm-7:30pm

**NEWPORT LIVE**  
**CASNEWYDD** FYW

Youth sessions for 9-15 years old | Sesiynau leuencid 9-15 oed  
 Adult sessions for 14+ years old | Sesiynau oedolion 14+ oed

\*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 menywod 14+ a dynion 30+

**Geraint Thomas**  
**NATIONAL VELODROME OF WALES**  
**FELODROM CENEDLAETHOL CYMRU**