

**HEALTH ON WHEELS CYCLING SESSIONS**

Booking ESSENTIAL on all rides – call 01942 488 481

Venue	Level	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
<b>Gin Pit Tyldesley M29 7AX</b>	<b>1</b>							
	<b>2</b>	10-11am		10-11am				
	<b>3</b>	10-11am		10-11am				
<b>Three Sisters Ashton WN4 8DD</b>	<b>1</b>		10-10.30am			11.30-12pm		
	<b>2</b>		10-11.30am			10-11am & 11.30-12.30pm		
	<b>3</b>		10-11.30am			10-11am & 11.30-12.30pm		
<b>Robin Park Wigan WN5 0UL</b>	<b>1</b>		11.30-12pm		10-10.30am			
	<b>2</b>		10-11.30am	10-11.30am	10-11.30am			
	<b>3</b>		10-11.30am 6-7.30pm	10-11.30am				
<b>St Peter's Hindley WN2 3DN</b>	<b>1</b>			11.45-12.15pm				12-12.30pm
	<b>2</b>			10.30-11.30am	3-4pm			1-2pm
	<b>3</b>		6.15-7.15pm					1-2pm
<b>Pennington Hall Park Leigh WN7 3PA</b>	<b>1</b>	5.30-6pm			9.45-10.15am			
	<b>2</b>				10.30- 11.30am			
	<b>3</b>	6-7pm	6-7pm	6-7pm	10.30- 11.30am			
<b>Howe Bridge Atherton M46 0PJ</b>	<b>1</b>							
	<b>2</b>					10-11am		

**Level 1** Beginners.....30 minute session ideal for those looking to improve balance and confidence on two wheels

**Level 2** Intermediate.....Ideal progression from our beginners cycling session; pace 4-5 miles per hour

**Level 3** Progression.....A further progression from our Intermediate session; pace 5-6 miles per hour

04/03/15