



SATURDAY

INDOOR

Start	Finish	Event	Location
10:00	17:00	Exhibition	Hall 1
10:00	17:00	World's slowest bike race	Hall 2
10:00	17:00	Kids' zone	Hall 1
10:00	11:00	Show opening	Sofa sessions area
10:00	13:00	Flatland Championships BMX practice time	Performance area 2
11:00	11:30	Jack Carthy Trials Show	Performance area 1
11:30	12:00	Sofa session 1 - Matti Hemmings	Sofa sessions area
12:15	12:45	Sofa session 2 - Liz Hills (HSBC UK Breeze)	Sofa sessions area
12:45	13:15	Jack Carthy Trials Show	Performance area 1
13:00	14:30	Amateur Flatland Championships	Performance area 2
13:15	13:45	Sofa session 3 - Ice Trikes	Sofa sessions area
14:00	14:30	Sofa session 4 - Lizzie Deignan	Sofa sessions area
14:30	15:00	Jack Carthy Trials Show	Performance area 1
15:00	15:30	Sofa session 5 - Ruby Isaac	Sofa sessions area
15:00	16:30	Pro Flatland Championships	Performance area 2
15:45	16:15	Sofa session 6 - Neil Campbell	Sofa sessions area

OUTDOOR

Start	Finish	Event	Location
10:00	16:30	Woodland demo track	Woodland demo track
10:00	16:30	Road demo track	Road demo track
10:00	16:30	E-bike demo track	E-bike demo track



SUNDAY

INDOOR

Start	Finish	Event	Location
10:00	17:00	Exhibition	Hall 1
10:00	17:00	World's slowest bike race	Hall 2
10:00	17:00	Indoor kids' zone	Hall 1
10:00	11:00	Matti Hemmings Fusion Air Show	Performance area 2
10:15	10:45	Sofa session 1 - Steve Bate (MBE)	Sofa sessions area
11:00	11:30	Jack Carthy Trials Show	Performance area 1
11:30	12:00	Sofa session 2 - Jack Carthy	Sofa sessions area
11:30	12:30	Matti Hemmings Fusion Air Show	Performance area 2
12:15	12:45	Sofa session 3 - Judy Robinson (HSBC UK Breeze)	Sofa sessions area
12:45	13:15	Jack Carthy Trials Show	Performance area 1
13:15	13:45	Sofa session 4 - Ruby Isaac	Sofa sessions area
13:15	14:15	Matti Hemmings Fusion Air Show	Performance area 2
14:00	14:30	Sofa session 5 - Neil Campbell	Sofa sessions area
14:30	15:00	Jack Carthy Trials Show	Performance area 1
15:00	16:00	Matti Hemmings Fusion Air Show	Performance area 2
15:15	15:45	Sofa session 6 - Will Fotherington	Sofa sessions area

OUTDOOR

Start	Finish	Event	Location
10:00	16:30	Woodland demo track	Woodland demo track
10:00	16:30	Road demo track	Road demo track
10:00	16:30	E-bike demo track	E-bike demo track