



# Parkride Timetable January 2025



	Activity	Where	When	Cost
<b>Wednesday 1st January</b>	BANK HOLIDAY			
<b>Thursday 2nd January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Friday 3rd January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Saturday 4th January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Sunday 5th January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Monday 6th January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	

**Parkride Sessions are 50 minutes long | Parkspin Sessions are 30 minutes**

Booking is essential. To book and for more information:

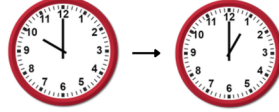



Call: 0121 442 2944 or Email: [parkride@midlandmencap.org.uk](mailto:parkride@midlandmencap.org.uk)





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	Activity	Where	When	Cost
<b>Tuesday 7th January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Wednesday 8th January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Thursday 9th January</b>	SCCT Clifton Road session	Clifton Road, Sutton Coldfield, B73 6EB	10.00 AM - 1.00 PM 	FREE to Sutton postcodes 
<b>Friday 10th January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Saturday 11th January</b>	Perry Barr NNS Pop-Up Session	Perry Avenue, Birmingham B42 1RS	10.00 AM - 12:00 PM 	FREE to Perry Barr postcodes 
<b>Sunday 12th January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	×

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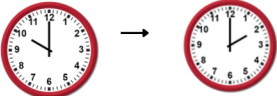

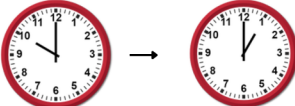

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	Activity	Where	When	Cost
<b>Monday 13th January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Tuesday 14th January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Wednesday 15th January</b>	Cycling with Confidence <b>BOOKING IS ESSENTIAL</b>	Longford Park, Coventry CV6 6DW	11.00 AM - 2.00 PM 	FREE to Coventry postcodes 
<b>Thursday 16th January</b>	SCCT Clifton Road session	Clifton Road, Sutton Coldfield, B73 6EB	10.00 AM - 1.00 PM 	FREE to Sutton postcodes 
<b>Friday 17th January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Saturday 18th January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	

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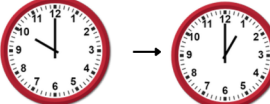

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# Parkride Timetable January 2025



	Activity	Where	When	Cost
<b>Sunday 19th January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Monday 20th January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Tuesday 21st January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Wednesday 22nd January</b>	Cycling with Confidence <b>BOOKING IS ESSENTIAL</b>	Longford Park, Coventry CV6 6DW	11.00 AM - 2.00 PM 	FREE to Coventry postcodes 
<b>Thursday 23rd January</b>	SCCT Clifton Road session	Clifton Road, Sutton Coldfield, B73 6EB	10.00 AM - 1.00 PM 	FREE to Sutton postcodes 
<b>Friday 24th January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	

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# Parkride Timetable January 2025



	Activity	Where	When	Cost
<b>Saturday 25th January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Sunday 26th January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Monday 27th January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Tuesday 28th January</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Wednesday 29th January</b>	Cycling with Confidence <b>BOOKING IS ESSENTIAL</b>	Longford Park, Coventry CV6 6DW	11.00 AM - 2.00 PM  → 	FREE to Coventry postcodes 
<b>Thursday 30th January</b>	SCCT Clifton Road session	Clifton Road, Sutton Coldfield, B73 6EB	10.00 AM - 1.00 PM  → 	FREE to Sutton postcodes 

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# Parkride Timetable January 2025



	Activity	Where	When	Cost
Friday 31st January	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	



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