



AFTER SCHOOL MTB COACHING & DEVELOPMENT

Mondays: Beginner/Intermediate (comfortable on Grade 3 tracks introduction to Grade 4)

Tuesdays: 8-11 year olds (Kranking Kids graduates or racing)

Wednesdays: Girls mixed ability

Thursdays: Advanced (comfortable on Grade 4 and introduction to 5 tracks, DH and Enduro)

8 sessions per term | 4:30 - 6:30

**info@gravitynelson.co.nz
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