

## Club Rides

Apollo holds a number of regular weekly rides throughout the year, there are MTB and Road rides that allow for a range of abilities from the beginner looking to experience riding in a group, to the regular cyclist who enjoys a social ride, right the way through to the racer how is looking to train hard.

You can get a general feel for the routes offered by clicking on the links below. There is information detailing the average speed, where the route will take you, where and when to meet up, and what time you will expect to get home for. so take a look and come along, you never know you might enjoy it...

Tuesday & Thursday Night - Mountain Bike Circuit

Wednesday Night - Ladies Only

Saturday Spin - Bun Run

Sunday Cycle - Training