

Friday

User Group: Diamond Ride, 7:30am to 9:30am

Activity Type: Structured Training

Age Range: 16 years and older

Minimum Auscycling membership: Four-week trial or Lifestyle Membership

Go to [Auscycling Membership](#) for more information

Enquiries, please email gdiamond26@gmail.com

Friday

User Group: DISC Masters, 10am to 12pm, including Transition to Track 9am to 10am (by appointment)

Activity Type: Structured Training

Age Range: 30 years and older

Minimum Auscycling membership: Four-week trial or Lifestyle Membership

Go to [Auscycling Membership](#) for more information

Registration and further enquiries to accordocm@bigpond.com

Friday

User Group: Women's Track Training, 6pm to 8pm

Activity Type: Structured Training

Age Range: Women from 12 years

Minimum Auscycling membership: Four-week trial or Lifestyle Membership

Go to [Auscycling Membership](#) for more information

New to session and further enquiries email grlake@gmail.com