

*BRAMLEY
WHEELERS.CC*

ZWIFT CLUB

MONDAY

MADNESS

Z TIME
7.20PM

- Racing - All out effort !
- Various lengths and courses

TUESDAY

GAME DAY

Z TIME
7.15PM-7.50PM

- Social ride
- Badge hunt events/club events
- Keep together mode in ON

THURSDAY

THROWDOWN

Z TIME
7.30PM

- Race your club mates !
- Around 1 hour in length
- Keep together mode is OFF

FRIDAY

FAST & FURIOUS

Z TIME
7.30PM

A short high intensity interval training blast, designed for optimal performance for Zwift racing. This ride is on keep together mode and will use a Zwift workout.

ALL OUR ZWIFT RIDES ARE DESIGNED FOR EVERYONE REGARDLESS OF YOUR ZWIFT CATEGORY OR ABILITY.

NEW TO ZWIFT?
VISIT THE ONBOARDING
GUIDE ON OUR WEBSITE.



FOR INFORMATION FOLLOW:

*DAVID HOPKINS [BWCC]
&
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USING ZWIFT COMPANION

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