

# RTA MUSHRIF PARK CYCLING CENTRE

ZONE NAME: MOUNTAIN BIKE TRAIL

WEEK 4: 18 NOVEMBER - 24 NOVEMBER

	START TIME	FINISH TIME	LEVEL	AGE GROUP	DISTANCE
<b>SATURDAY</b>	8:00 AM	9:00 AM	INTERMEDIATE	18 YEARS OLD & ABOVE	15 KM
	5:00 PM	6:00 PM	BEGINNER	18 YEARS OLD & ABOVE	5 KM
<b>SUNDAY</b>	9:00 AM	10:00 AM	BEGINNER	18 YEARS OLD & ABOVE	5 KM
<b>MONDAY</b>	5:00 PM	6:00 PM	INTERMEDIATE	18 YEARS OLD & ABOVE	15 KM
<b>TUESDAY</b>	5:00 PM	6:00 PM	BEGINNER	18 YEARS OLD & ABOVE	5 KM
<b>WEDNESDAY</b>	5:00 PM	6:00 PM	INTERMEDIATE	18 YEARS OLD & ABOVE	15 KM
<b>THURSDAY</b>	5:00 PM	6:00 PM	BEGINNER	18 YEARS OLD & ABOVE	5 KM
<b>FRIDAY</b>	5:00 PM	6:00 PM	BEGINNER	18 YEARS OLD & ABOVE	5 KM

