

DEMO SCHEDULE

	Thursday	Friday	Saturday	Sunday
09:30		SHOW OPENS AT 10:00	Setting up the contact points on your bicycle <i>Learn how to set up and record your saddle, handlebars, shoes and brake levers to get the most from your cycling experience</i>	Setting up the contact points on your bicycle <i>Learn how to set up and record your saddle, handlebars, shoes and brake levers to get the most from your cycling experience</i>
10:30		Setting up the contact points on your bicycle <i>Learn how to set up and record your saddle, handlebars, shoes and brake levers to get the most from your cycling experience</i>	Handlebar Taping <i>Learn how to wrap your bars neatly every time with minimal fuss</i>	Handlebar Taping <i>Learn how to wrap your bars neatly every time with minimal fuss</i>
11:30		Handlebar Taping <i>Learn how to wrap your bars neatly every time with minimal fuss</i>	Adjusting a headset to run free of play <i>Find out how your headset works and how you can adjust it to remove any play that may be present</i>	Adjusting a headset to run free of play <i>Find out how your headset works and how you can adjust it to remove any play that may be present</i>
12:30	SHOW OPENS AT 13:00	Adjusting a headset to run free of play <i>Find out how your headset works and how you can adjust it to remove any play that may be present</i>	Fitting a new chain <i>Find out how to size, install and connect a new chain to your bike</i>	Fitting a new chain <i>Find out how to size, install and connect a new chain to your bike</i>
13:30	Setting up the contact points on your bicycle <i>Learn how to set up and record your saddle, handlebars, shoes and brake levers to get the most from your cycling experience</i>	Fitting a new chain <i>Find out how to size, install and connect a new chain to your bike</i>	Replacing disc brake blocks <i>Find out how to replace the disc brake blocks on your bike and then adjust the brake to give a good solid feel at the brake lever</i>	Replacing disc brake blocks <i>Find out how to replace the disc brake blocks on your bike and then adjust the brake to give a good solid feel at the brake lever</i>
14:30	Handlebar Taping <i>Learn how to wrap your bars neatly every time with minimal fuss</i>	Replacing disc brake blocks <i>Find out how to replace the disc brake blocks on your bike and then adjust the brake to give a good solid feel at the brake lever</i>	Truing your wheels <i>Find out how to bring a wheel back to truth and replace a spoke</i>	Truing your wheels <i>Find out how to bring a wheel back to truth and replace a spoke</i>
15:30	Adjusting a headset to run free of play <i>Find out how your headset works and how you can adjust it to remove any play that may be present</i>	Truing your wheels <i>Find out how to bring a wheel back to truth and replace a spoke</i>	Replacing rim brake blocks <i>Find out how to replace the rim brake blocks on your bike and then adjust the brake to give a good solid feel at the brake lever</i>	Replacing rim brake blocks <i>Find out how to replace the rim brake blocks on your bike and then adjust the brake to give a good solid feel at the brake lever</i>
16:30	Fitting a new chain <i>Find out how to size, install and connect a new chain to your bike</i>	Replacing rim brake blocks <i>Find out how to replace the rim brake blocks on your bike and then adjust the brake to give a good solid feel at the brake lever</i>	Replacing your cassette <i>Find out how to remove your old cassette, identify what freehub body you may have and install a new one</i>	Replacing your cassette <i>Find out how to remove your old cassette, identify what freehub body you may have and install a new one</i>
17:30	Replacing disc brake blocks <i>Find out how to replace the disc brake blocks on your bike and then adjust the brake to give a good solid feel at the brake lever</i>	SHOW CLOSSES AT 17:00	Adjusting the rear derailleur <i>Find out how to replace a rear derailleur gear cable and adjust it to run smoothly across your rear cassette</i>	SHOW CLOSSES AT 17:00
18:30	Truing your wheels <i>Find out how to bring a wheel back to truth and replace a spoke</i>		SHOW CLOSSES AT 18:00	
19:30	Replacing rim brake blocks <i>Find out how to replace the rim brake blocks on your bike and then adjust the brake to give a good solid feel at the brake lever</i>			