

# GRSC COVID Return to Training timetable

Starting: Monday 15<sup>th</sup> January 2022 until further notice

## Platinum (Academy)

7 Sessions

9.0 (10:00) Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>a.m.</b>	Greenwich Centre 06:00-07:00 1 Hour Helen	X	X	X	X	X	LAC 08:00-10:00 2Hours 2 <sup>nd</sup> & 4 <sup>th</sup> Sun's of month Helen/Roy
<b>p.m.</b>	X	Eltham Centre 20:00-21:30 1.5 Hours Helen	Thamesmere 19:30-21:00 1.5 Hours Helen	Eltham Centre 20:15-21:45 1.5 Hours Helen	Waterfront 20:00-21:00 1Hour Helen	Eric Liddell 16:30-18:00 1.5 Hours Helen	Eric Liddell 18:00-19:00 1 Hour 1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> Sun's of month Helen / Chanel