

## GRSC Training timetable

Starting 8th May 2023 until further notice

### Gold

6 Sessions

7 Hours

|      | Monday | Tuesday                                   | Wednesday                              | Thursday                            | Friday  | Saturday                        | Sunday                                |
|------|--------|---|--|-------------------------------------|---|---------------------------------|---------------------------------------|
| a.m. | X      | X   | X                                      | X                                   | X   | Colfes<br>06.30- 7.30<br>1 Hour | X                                     |
| p.m. | X      | Eltham Centre<br>20.00-21.30<br>1.5 Hours | Thamesmere<br>19.30-21.00<br>1.5 Hours | Waterfront<br>20.00-21.00<br>1 Hour | Greenwich<br>Centre<br>18.30-19.30<br>1 Hours | X                               | Eric Liddell<br>18.00-19.00<br>1 Hour |

