

GRSC Training timetable

Starting 8th May 2023 until further notice

Platinum

7 Sessions

9.5 Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m.	Greenwich Centre 06.00-07.00 1 Hour	X	X	X	X	Colfes 06.30- 7.30 1 Hour	LAC 08.00-10.00 2 Hours
p.m.	X	Eltham Centre 20.00-21.30 1.5 Hours	Thamesmere 19.30-21.00 1.5 Hours	Shooters Hill 20.00-21.00 1 Hour	Greenwich Centre 18.30-20.00 1.5 Hours	X	X

