

GRSC Training timetable

Starting 8th May 2023 until further notice

Masters Compete

5 Sessions

5.5 Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m.	X	X	Greenwich Centre 06.00-07.00 1 Hour	X	Greenwich Centre 06.00-07.00 1 Hour	X	Greenwich Centre 08.00-09.00 1 Hour
p.m.	X	X	Greenwich Centre 20.30-21.30 1 Hour	Eltham Centre 20.15-21.45 1.5 Hours	X	X	X