

GRSC Training timetable

Starting 8th May 2023 until further notice

Silver

5 Sessions

5 Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m.	X	X	X	X	X	X	X
p.m.	X	Eltham Centre 19.00-20.00 1 Hour	Greenwich Centre 18.30-19.30 1 Hour	Waterfront 19.00-20.00 1 Hour	Greenwich Centre 19.30-20.30 1 Hour	X	Greenwich Centre 14.00-15.00 1 Hour