

GRSC Training timetable

Starting 8th May 2023 until further notice

Youth Performance

9 Sessions

15 Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m.	X	Greenwich Centre 06.00-07.00 1 Hour	X	Greenwich Centre 06.00-07.00 1 Hour	Greenwich Centre 06.00-07.00 1 Hour	X	X
p.m.	Thamesmere 19.30-21.00 1.5 Hours	LAC 19.30-21.30 2 Hours	Greenwich Centre 19.30-21.30 2 Hours	Eltham Centre 19.15 -21.45 2.5 Hours	Waterfront 19.00-21.30 2.5 Hours	Eric Liddell 15.30-16.30 Land training 1 hour 16.30-18.00 Pool 1.5 Hours	X