

GRSC Training timetable

Starting: Monday 31st October 2022 until further notice

Platinum (Academy)

7 Sessions

8.5 Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m.	Greenwich Centre 06:00-07:00 1 Hour Helen	X	X	X	X	Colfes 06:45-07:45 1 Hour	X
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 Hours	Greenwich Centre 18:30-20:00 1.5 Hours	X	Eric Liddell 18:00-19:00 1 Hour

GRSC Training timetable

Starting: Monday 31st October 2022 until further notice

Gold (Academy)

6 Sessions

6.5 Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m.	X	X	X	X	X	X	X
p.m.	Thamesmere 19:30-21:00 1.5 Hours	Eltham Centre 19:00-20:00 1 Hour	Greenwich 19:30-20:30 1 Hours	Waterfront 20:00-21:00 1 Hour	Waterfront 19:00-20:00 1Hour	X	Eric Liddell 18:00-19:00 1 Hour

GRSC Training timetable

Starting: Monday 31st October 2022 until further notice

Silver (Academy)

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

GRSC Training timetable

Starting: Sunday 4th December 2022 until further notice

Bronze (Academy)

4 Sessions
4 Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m.	X	X	X	X	X	Colfe's School 06:45-7:45 1 Hour Jake	X
p.m.	X	X	X	Eltham Centre 19:15-20:15 1 Hour Jake	Waterfront 19:00-20:00 1 Hour Jake	X	Greenwich Centre 13:00-14:00 1 Hour Jake

GRSC Training timetable

Starting: Monday 31st October 2022 until further notice

Development (Academy)

2 Sessions
2 Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m.	X	X	X	X	X	X	X
p.m.	X	X	X	X	Greenwich Centre 18:30-19:30 1 Hour Katerina	Colfes 18:30-19:30 1 Hour	X