

# GRSC Training timetable

Starting: Monday 31<sup>st</sup> October 2022 until further notice

## Masters (Training) & Masters (Development)

5 Sessions

5.5 Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m.	X	X	Greenwich Centre 06:00-07:00 1 Hour Helen	X	Greenwich Centre 06:00-07:00 1 Hour Helen	X	Greenwich Centre 08:00-09:00 1 Hour Helen
p.m.	X	X	Greenwich Centre 20:30-21:30 1 Hour Chelsey	Eltham 20:15-21:45 1.5 Hour Jake	X	X	X