

GRSC Training timetable

Starting: Monday 31st October 2022 until further notice

Youth Performance

10 Sessions

14.5 Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m.	X	Greenwich Centre 06:00-07:00 1 Hour Kai	X	Greenwich Centre 06:00-07:00 1 Hour Kai	Greenwich Centre 06:00-07:00 1 Hour Helen	X	LAC 08:00-10:00 2Hours Kai/Roy
p.m.	X	Eltham Centre 20:00-21:30 1.5 Hours Kai	Greenwich Centre 19:30-21:30 2 Hours Kai/Roy	Eltham Centre 19:15-21:45 2.5 Hours Kai	Waterfront 20:00-22:00 2 Hours Kai	Eric Liddell 16:30-18:00 1.5 Hours Kai	X

GRSC Training timetable

Starting: Monday 31st October 2022 until further notice

Age Group Performance

8 Sessions
11.5 Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m.	Greenwich Centre 06:00-07:00 1 Hour Helen	X	X	X	Greenwich Centre 06:00-07:00 1 Hour Helen	X	X
p.m.	Thamesmere 19:30-21:00 1.5 Hours Helen	LAC 19:30-21:00 1.5 Hours Helen/Roy	Thamesmere 19:30-21:00 1.5 Hours Helen	Waterfront 19:00-21:00 2 Hour Helen	Greenwich Centre 20:00-21:30 1.5 Hours Helen	Eric Liddell 16:30-18:00 1.5 Hours Helen	X