

# GRSC Training timetable

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

## Competitive Youth

7 Sessions  
10.5 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	X	X	LAC 08:00-10:00 2 Hours Kai/Roy
p.m.	X	Eltham Centre 20:00-21:30 1.5 Hours Kai	X	Eltham Centre 20:15-21:45 1.5 Hours Kai	Waterfront 20:00-22:00 2 Hours Kai	Eric Liddell 16:30-18:00 1.5 Hours Kai	X