Aylesbury and Buckingham Performance Club

Aylesbury Timetable

Day		Performance		Regional		County A		County B		Junior Development		Platinum		Gold		Silver		Bronze		Youth Dev. 4 Sess		Youth Dev. 2 Sess		Age Dev.		Masters	
		Pool	Land	Pool	Land	Pool	Land	Pool	Land	Pool	Land	Pool	Land	Pool	Land	Pool	Land	Pool	Land	Pool	Land	Pool	Land	Pool	Land	Pool	Land
Monday	AM	05:20 - 07:10		05:20 - 07:10		05:20 - 07:10		05:20 - 07:10																		05:20 - 06:30	
Venue		Aqua Vale		Aqua Vale		Aqua Vale		Aqua Vale																		Aqua Vale	
Monday	PM	17:45 - 20:45		17:45 - 19:30	19:45 - 20:30	17:45 - 19:30	19:45 - 20:30	17:45 - 19:30	19:45 - 20:30	19:20 - 21:10		18:50 - 20:40		18:50 - 20:10		18:20 - 19:40								19:50 - 21:10			
Venue		Aqua Vale		Aqua Vale	CrossFit	Aqua Vale	CrossFit	Aqua Vale	CrossFit	St. Mand.		St. Mand.		St. Mand.		St. Mand.								St. Mand.			
Tuesday	AM	05:20 - 07:10																								05:20 - 06:30	
Venue		Aqua Vale																								Aqua Vale	
Tuesday	PM	18:45 - 21:10	18:00 - 18:45	18:45 - 21:10	18:00 - 18:45															18:45 - 21:10							
Venue		Aqua Vale	Aqua Vale	Aqua Vale	Aqua Vale															Aqua Vale							
Wednesday	AM																										
Venue																											
Wednesday	PM	19:15 - 21:10	18:30 - 19:15	19:15 - 21:10	18:30 - 19:15	19:15 - 21:10	18:30 - 19:15	19:15 - 21:10	18:30 - 19:15					18:20 - 19:40		18:20 - 19:40		18:20 - 19:40									
Venue		Aqua Vale	Aqua Vale	Aqua Vale	Aqua Vale	Aqua Vale	Aqua Vale	Aqua Vale	Aqua Vale					St. Mand.		St. Mand.		St. Mand.									
Thursday	AM	05:20 - 07:10								05:20 - 07:10																05:20 - 06:30	
Venue		Aqua Vale								Aqua Vale																Aqua Vale	
Thursday	PM																										
Venue																											
Friday	AM	05:20 - 07:10		05:20 - 07:10		05:20 - 07:10		05:20 - 07:10																		05:20 - 06:30	
Venue		Aqua Vale		Aqua Vale		Aqua Vale		Aqua Vale																		Aqua Vale	
Friday	PM	18:45 - 21:10	18:00 - 18:45	17:45 - 20:10		17:45 - 20:10				17:45 - 19:10	19:15 - 20:00	17:45 - 19:10								18:45 - 21:10		18:45 - 21:10		19:45 - 21:10			
Venue		Aqua Vale	Aqua Vale	Aqua Vale		Aqua Vale				Aqua Vale	Aqua Vale	Aqua Vale								Aqua Vale		Aqua Vale		Aqua Vale			
Saturday	AM	05:20 - 8:00	08:30 - 09:30	05:20 - 8:00	08:30 - 09:30	05:20 - 8:00	08:30 - 09:30	05:20 - 8:00	08:30 - 09:30	06:20 - 08:00	08:00 - 08:45	06:20 - 08:00	08:10 - 08:40							06:00 - 8:00							
Venue		Aqua Vale	Crossfit	Aqua Vale	Crossfit	Aqua Vale	Crossfit	Aqua Vale	Crossfit	Aqua Vale	Aqua Vale	Aqua Vale	Aqua Vale							Aqua Vale							
Sunday	AM																										
Venue																											
Sunday	PM			18:15 - 20:10		18:15 - 20:10		18:15 - 20:10		18:15 - 20:10		17:20 - 18:40	16:50 - 17.20	16:20 - 17:40	17:40 - 18:10					16:15 - 18:40		16:15 - 18:40		16.15 - 18.40			
Venue				Aqua Vale		Aqua Vale		Aqua Vale		Aqua Vale		Aqua Vale	Aqua Vale	Aqua Vale	Aqua Vale					Aqua Vale		Aqua Vale		Aqua Vale			
	Total	**16 hours**	**3.15 hours**	**14 hours**	**3.15 hours**	**12 hours**	**2.30 hours**	**10 hours**	**2.30 hours**	**7.00 hours**	**1.30 hour**	**5 hours**	**1 hour**	**3 hours**	**30 mins**	**2 hours**		**1 hour**		**8 Hours**		**4 Hours**		**4 hours**		**4 hours**	