

 Timetable From 27th September		Monday		Tuesday	Wednesday		Thursday			Friday			Saturday	Sunday
		KA	Lancing	KA	Wadurs	Lancing	KA	Wadurs	Steyning	Lancing	Steyning	KA	Day Off	KA
Academy	30 mins 2 x 30 mins													9:00 - 9:30
Transition	2 hrs													9:30 - 10:00
Skills	4		18:30 - 19:30			18:30 - 19:30								10:00 - 11:00
AGD	6.75	5:45 - 07:00		20:00 - 21:15	20:10 - 21:10		05:45 - 07:00	19:00-20:00						17:00 - 18:00
Club	Red			20:00 - 21:15				19:00-20:00						
	Black	3.25												
Competitive	10	5:45 - 07:00			06:00 - 07:30 20:10 - 21:10		05:45 - 07:00		18:30-19:30		19:00 - 21:00			18:00-20:00
Performance	14	5:45 - 07:00	19:30 - 21:00		06:00 - 07:30	19:30 - 21:00	05:45 - 07:00		19:30 - 21:00	06:00 - 07:30	19:00 - 21:00		K2 PAYG ¹	18:00-20:00

¹ Attempts will be made to book 50m K2 throughout the year and these will be on an assigned and pays as you go basis.