

# GRSC Training timetable

Starting: January 2024 until further notice NB From 17th Dec 2024 there will be a reduced training schedule over the Christmas period

## Bronze (Academy)

4 Sessions

4 Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	X	X	X	X	X	X	X
P.M.	X	Eltham Centre 19:00-20:00 1 Hour Kai	X	Eltham Centre 19:15-20:15 1 Hour Kai/Myra	Greenwich Centre 18:30-19:30 1 Hour Helen/Myra	X	Greenwich Centre 13:00-14:00 1 Hour Chanel/Helen