

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

Club (Participation)

4 Sessions

5 Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	X	X	X	Greenwich Centre 06:00-07:00 1 Hour Gary	X	X	X
P.M.	X	X	X	Eltham Centre 20:15-21:45 1.5 Hours Kai	Waterfront Centre 20:00-21:30 1.5 Hour Jake	X	Greenwich Centre 14:00-15:00 1 Hour Katerina