

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

Gold (Academy)

6 Sessions
6.75 Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	X	X	X	X	X	Colfe's School 06:30-7:30 1 Hour Jake	X
P.M.	X	Eltham Centre 19:45-21:30 15 mins pre pool 1.75 Hours Kai	Greenwich 18:30-19:30 1 Hours Jake	Eltham Centre 20:15-21:15 1 Hour Jake	Waterfront 19:00-20:00 1 Hour Jake	X	Eric Liddell 18:00-19:00 1 Hour Jake