

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

Masters (Development)

5 Sessions

5.5 Hours

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|---|---|---|----------|---|
| A.M. | X | X | Greenwich Centre 06:00-07:00 1 Hour Katerina | X | Greenwich Centre 06:00-07:00 1 Hour Katerina | X | Greenwich Centre 08:00-09:00 1 Hour Katerina |
| P.M. | X | X | Greenwich Centre 20:30-21:30 1 Hour Roy | Eltham Centre 20:15-21:45 1.5 Hour Kai | X | X | X |