

# 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 (Training and Competing)

6 Sessions

6.5 Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	<b>X</b>	Greenwich Centre 06:00-07:00 1 Hour Invite Gary	Greenwich Centre 06:00-07:00 1 Hour Helen	<b>X</b>	Greenwich Centre 06:00-07:00 1 Hour Helen	<b>X</b>	Greenwich Centre 08:00-09:00 1 Hour Jake
P.M.	<b>X</b>	<b>X</b>	Greenwich Centre 20:30-21:30 1 Hour Roy	Eltham 20:15-21:45 1.5 Hour Kai	<b>X</b>	<b>X</b>	<b>X</b>