

# 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

## Silver (Academy)

5 Sessions

5 Hours; 15 mins pre pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	X	X	X	X	X	Colfe's School 06:30-7:30 1 Hour Chanel	X
P.M.	X	Eltham Centre 19:00-20:00 1 Hour Chanel	Greenwich Centre 19:15-20:30 15 mins pre pool 1.25 Hour Katerina	X	Greenwich Centre 18:30-19:30 1 Hour Katerina	X	Greenwich Centre 13:00-14:00 1 Hour Katerina