

Gold (Academy)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	X	X	X	X	X	X	X
P.M.	Thamesmere 19:30-21:00 1.5 Hour Kenz	Eltham 20.30-21.30 1 Hour Kenz	Greenwich 18:30-19:30 1 Hours Kenz	Woolwich 19.30-20.30 1 Hours Kenz	Greenwich 19:30-20:30 1 Hours Katerina/Luke	Eric Liddell 16:30-18:00 1.5 Hours Luke	Greenwich 14.00-15.00 Land Training 1 Hour Tina