

GRSC Training timetable

Starting: July 2024 until further notice

NB From 17th Dec 2024 there will be a reduced training schedule over the Christmas period

1 Sessions
1 Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	X	X	X	X	X	Colfes 07:30-08:00 08:00-08:30 30 minutes Chanel +	X
P.M.	X	X	X	Shooters Hill VI Form College 18:30-19:00 (Stages 1-3) 19:00-19:30 (Stage 4) 30 minutes Chanel +	X	Colfes 18:30-19:00 19:00-19:30 30 minutes Chanel +	Shooters Hill VI Form College 18:30-19:00 30 minutes Chanel +