

Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Development</b>						The Walnuts TP 17.00-18.00	
<b>D1</b>		Bickley Park School 18.00-19.00				The Walnuts TP 17.00-18.00	
<b>D2</b>					The Walnuts TP 19.30-20.30		The Walnuts TP 17.00-18.00
<b>D3</b>				The Walnuts TP 19.30-20.30			The Walnuts 18.00-19.00
<b>Improvers</b>							Bromley High 15.15-16.15
<b>C1</b>	Biggin Hill 19.00-20.00	Eltham College 18.00-19.00				The Walnuts 17.00-18.00	Royal Russell 17.00-18.00
<b>C2</b>	Biggin Hill 19.00-20.00	Strength & Conditioning 19.00-20.00 Trinity			Royal Russell 18.15-19.15	The Walnuts 18.00-19.00	Croydon High 18.00-20.00
<b>C3</b>	Biggin Hill 20.00-21.00	Strength & Conditioning 19.00-20.00 Trinity		Eltham College. 18.00-19.30	Royal Russell 19.15-20.15		The Walnuts 18.00-20.00
<b>Bronze</b>	The Walnuts 19.30-21.00 (TP)			Biggin Hill 20.00-21.00		The Walnuts 7.00-8.00am	
<b>Silver</b>		Eltham College 18.00-19.00	Bromley High 19.30-21.00			The Walnuts 7.00-8.00am	The Walnuts 19.00-20.00
<b>Gold</b>	Eltham College 19.00-21.00	Strength & Conditioning 20.00-21.00 Trinity	Bromley High 19.30-21.00	Eltham College 19.30-21.00	Eltham College 18.00-20.00		
<b>Skills</b>			Biggin Hill 18.00-19.00		The Walnuts 20.00-21.00	The Walnuts 7.00-08.00am	
<b>Junior</b>	Biggin Hill 20.00-21.00	Eltham College 19.00-21.00	Eltham College **Either 18.00-19.00 OR 19.00-20.00		The Walnuts 20.00-21.00	Strength & Conditioning 11.00-12.00 Trinity	Royal Russell 18.00-20.00
<b>Top</b>		The Spa 19.00-21.00	Eltham College 18.00-20.00		Biggin Hill **Either 18.00-19.30 OR 19.30-21.00	Strength & Conditioning 10.00-11.00 Trinity **Either: South Norwood 15.00-17.00 OR Radnor House 14.00-16.00	Trinity 16.00-18.00
<b>Elite</b>		The Spa 19.00-21.00	New Addington 19.30-21.30	Royal Russell 19.30-21.30	Biggin Hill 18.00-20.30	Strength & Conditioning 9-10 Trinity South Norwood 15.00-17.00	Eltham College 15.30-18.00
<b>Masters</b>	The Walnuts 21.00-22.00				Royal Russell 20.15-21.15	The Walnuts 18.00-19.00	

\*\* Refer to email from coach for more information