

GRC Timetable - Land training Ergs & gym equipment

Time	07:00	10:00	12:00 noon	14:00	16:00	18:00	20:00	
MONDAY	6:30-9:00 Senior						18.00-20.00 Senior	
TUESDAY		10.00-12:00 Veteran Priority						
WEDNESDAY							18:00 - 20:00 Beginners & Development	
THURSDAY							18.00-20.00 Senior	
FRIDAY		9:30-12:00 Adaptive Squad				17.00-18.30 GRC Juniors Winter only		
SATURDAY		9:30:12:30 Development & Beginners		12.30-14.15 GRC Juniors				
SUNDAY		9:30 - 11:00 11:00 - 12:30 12:30 - 14:15		GRC Juniors				

Using ergs or weights at the club. Please ensure you are finished and equipment cleaned before the next timed session starts.
Junior-adult session interfaces. Ensure changing rooms are cleared before the next timed session for Child Protection purposes.