

# GUILDFORD ROWING CLUB - WATER AND LAND TIMETABLE - SUMMER 2023

7-9 am		9-12 am		12-4 pm	4 -6.15 pm		6.30-8 pm		8-9 pm		
MONDAY	SENIORS - FREE ROWING					JUNIORS					
TUESDAY	SENIORS - FREE ROWING	VETS PRIORITY	SENIORS - FREE ROWING	JUNIORS	6.30-8pm SENIOR ERGS		SENIORS - FREE ROWING				
WEDNESDAY	SENIORS - FREE ROWING					JUNIORS	ADULT DEVELOPMENT & BEGINNERS				
							VIRTUAL CONDITIONING - SENIOR				
THURSDAY	SENIORS - FREE ROWING					JUNIORS	6pm JUNIOR FITNESS IN THE FIELD		SOCIAL		
							6.30-8pm SENIOR ERGS				
							SENIORS - FREE ROWING				
FRIDAY	SENIORS - FREE ROWING	ADAPTIVE SQUAD	SENIORS - FREE ROWING	5-7pm JUNIORS		SENIORS - FREE ROWING					
				5-7pm JUNIOR ERGS							
SATURDAY	7-9:50am COMPETITIVE MASTERS & SENIORS		10am-1pm ADULT DEVELOPMENT & BEGINNERS		1 - 4 pm JUNIORS		SENIORS - FREE ROWING				
SUNDAY	SENIORS - FREE ROWING	9am-4pm JUNIORS				SENIORS - FREE ROWING					
		9.30-11.30am ADAPTIVE JUNIORS									