

## Training Schedule 2021/22 Season (from 31st August 2021)

### Performance 1

Day	Morning	Evening	Land Training
Monday		Aldershot Garrison 19:00-21:00	
Tuesday	Hart Leisure Centre 06:00-07:30	Aldershot Garrison 19:00-21:00	
Wednesday		Hart Leisure Centre 19:30-21:30	
Thursday		Hart Leisure Centre 19:00-21:00	
Friday		Aldershot Garrison 19:00-21:00	
Saturday			
Sunday		Hart Leisure Centre 19:30-21:30	Hart Leisure Centre 18:15-19:15

### Junior 1

Day	Morning	Evening	Land Training
Monday		Hart Leisure Centre 18:30-20:30	
Tuesday			
Wednesday			
Thursday			
Friday		Hart Leisure Centre 19:00-21:00	
Saturday	Hart Leisure Centre 06:00-07:30		
Sunday		Hart Leisure Centre 18:30-20:30	

### Junior Development

Day	Morning	Evening	Land Training
Monday			
Tuesday		Hart Leisure Centre 19:00-20:00	
Wednesday			
Thursday			
Friday			
Saturday	Hart Leisure Centre 06:30-07:30		
Sunday			

### Performance Development

Day	Morning	Evening	Land Training
Monday			
Tuesday			
Wednesday			
Thursday		Hart Leisure Centre 19:00-21:00	
Friday		Hart Leisure Centre 19:00-21:00	
Saturday			
Sunday		Hart Leisure Centre 19:30-21:30	

### Performance 2

Day	Morning	Evening	Land Training
Monday			
Tuesday	Hart Leisure Centre 06:00-07:30		
Wednesday		Hart Leisure Centre 19:30-21:30	
Thursday		St Neot's School 19:30-21:30	
Friday		St Neot's School 19:00-21:00	
Saturday	Hart Leisure Centre 06:00-07:30		
Sunday		Aldershot Garrison 14:00-16:00	Aldershot Garrison 16:00-17:00

### Junior 2

Day	Morning	Evening	Land Training
Monday			
Tuesday		Hart Leisure Centre 20:00-21:00	
Wednesday			
Thursday			
Friday		Hart Leisure Centre 19:00-20:00	
Saturday	Hart Leisure Centre 06:00-07:30		
Sunday		Hart Leisure Centre 18:30-19:30	

### Junior 4+

Day	Morning	Evening	Land Training
Monday			
Tuesday		Hart Leisure Centre 19:00-20:00	
Wednesday			
Thursday			
Friday			
Saturday	Hart Leisure Centre 06:30-07:30		
Sunday			

### Masters

Day	Morning	Evening	Land Training
Monday			
Tuesday			
Wednesday			
Thursday		Hart Leisure Centre 20:30-22:00	
Friday			
Saturday			
Sunday		Hart Leisure Centre 20:30-22:00	

### Performance 3

Day	Morning	Evening	Land Training
Monday			
Tuesday	Hart Leisure Centre 06:00-07:30		
Wednesday		Hart Leisure Centre 20:00-21:30	Hart Leisure Centre 17:00-18:00
Thursday		Hart Leisure Centre 19:00-21:00	
Friday		Hart Leisure Centre 19:00-21:00	
Saturday			
Sunday		Hart Leisure Centre 19:30-21:30	

### Junior 3

Day	Morning	Evening	Land Training
Monday			
Tuesday		Hart Leisure Centre 20:00-21:00	
Wednesday			
Thursday		Hart Leisure Centre 19:30-20:30	
Friday			
Saturday			
Sunday		Hart Leisure Centre 18:30-19:30	

### Junior 4

Day	Morning	Evening	Land Training
Monday			
Tuesday		Hart Leisure Centre 19:00-20:00	
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			