

Training Schedule May 2023-July 2023

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Performance 1	19:00-21:00 Aldershot Garrison	06:00-07:30 19:00-21:00 Aldershot Garrison Invite Only	19:30-21:30	07:00-08:00 Land Training Aldershot Garrison 19:00-21:00	19:00-21:00 Aldershot Garrison		17:00-18:30 Land Training Aldershot Garrison 19:30-21:30
Performance 2	19:00-21:00 Aldershot Garrison	06:00-7:30	17:00-18:00 Land Training 19:30-21:30	19:00-21:00	19:00-21:00	06:30-08:00	
Performance 3		06:00-07:30	20:00-21:30	19:30-21:00 St Neots	19:00-21:00		14:00-16:00 16:00-17:00 Land Training Aldershot Garrison
Junior 1		06:00-07:30			19:00-21:00	06:30-08:00	18:30-20:30
Junior 2		20:00-21:00			19:00-20:00	06:30-08:00	18:30-19:30
Junior 3		20:00-21:00		19:30-20:30			18:30-19:30
Junior 4 +		19:00-20:00				06:45-07:45	
Junior 4		19:00-20:00					
Masters				20:30-22:00	17:00-19:00 Aldershot Garrison		19:30-21:30

All sessions in BLUE are at Hart Leisure Centre unless otherwise stated in RED.

Please remember these are start times so please arrive 5 minutes early so we can start on time.

Please remember to bring kit bags with all your kit in along with spare goggles and full a drinks bottle.

IF THERE ARE ANY CHANGES TO THE ABOVE SCHEDULE YOU WILL BE NOTIFIED BY EMAIL.