

Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Development						Downham TP 17.00-18.00	
D1				Downham TP 18.45-19.45			Trinity 15.00-16.00
D2					Downham TP 19.00-20.00		Trinity 16.00-17.00
D3					Downham 19.00-20.00		Trinity 17.00-18.00
Improvers							Trinity 14.00-15.00
C1	Biggin Hill 19.00-20.00	Eltham College 18.00-19.00				Royal Russell 17.30-18.30	Royal Russell 17.00-18.00
C2	Biggin Hill 19.00-20.00	Strength & Conditioning 19.00-20.00 (Trinity)			Royal Russell 18.15-19.15	Royal Russell 18.30-19.30	Royal Russell 15.00-17.00
C3	Biggin Hill 20.00-21.00	Strength & Conditioning 19.00-20.00 (Trinity)		Downham 19.00-20.00	Royal Russell 19.15-20.15	Downham 16.00-18.00	
Bronze			Crystal Palace 19.00-20.00	Biggin Hill 20.00-21.00	Downham 20.15-21.15	Royal Russell 19.30-20.30	
Silver		Eltham College 18.00-19.00	Bromley High 19.30-21.00		Downham 20.00-21.15	Downham 17.00-18.00	Trinity 14.00-15.30
Gold	Eltham College 19.00-21.00	Strength & Conditioning 20.00-21.00 (Trinity)		Royal Russell 19.30-21.30	Eltham College 18.00-20.00		Beckenham Spa 17.00-19.00
Skills			Bromley High 19.30-21.00	Downham 20.00-21.00		Downham 16.00-17.00	
Junior	Biggin Hill 20.00-21.00	Eltham College 19.00-21.00		Strength & Conditioning 19.00-20.00 Trinity		Radnor House 14.00-16.00	Royal Russell 18.00-20.00
Age-Group Performance		The Spa 19.00-21.00	Eltham College 18.00-20.00	Eltham College 18.00-19.00	Biggin Hill ** Either 18.00-19.30 OR 19.30-21.00	Strength & Conditioning 10.00-11.00 (Trinity)	Trinity 15.30-18.00
Elite		The Spa 19.00-21.00	New Addington 19.30-21.30	Strength & Conditioning 18.00-19.00 (Eltham College) Eltham College 19.00-21.00	Biggin Hill 18.00-20.30	Strength & Conditioning 9-10 (Trinity) South Norwood 15.00-17.00	Eltham College 15.30-18.00

** Refer to welcome email from coach for more information