

Land Training Facilities Schedule

Maidenhead RC Ergos											
	Facility	07:00 -14:00	14.00-16.30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30
Mon	Club Ergos	MRC members	CCS (term time)	WJ14-15 (Huw/Collin)			Senior Women				
Tue	Club Ergos			Junior Beginners			Masters Ladies	Vet Men			
Wed	Club Ergos			Open Adult Session			Senior Women				
Thu	Club Ergos			WJ14-15 (Huw/Collin)			Open Adult Session				
Fri	Club Ergos			MRC Members			MRC Members				

Club Ergos are available to all members, but Squads have priority during their time slots.

Claire's Court Facilities											
	Facility	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00
Mon	CC Erg Room	WJ16-18 Girls (Rebekah/Sean)					Cleaning - NO USAGE				
	CC Weights Room	Cleaning - NO USAGE					Cleaning - NO USAGE				
	CC Sports Hall	Cleaning - NO USAGE					Cleaning - NO USAGE				
Tue	CC Erg Room	Jnr Boys (Katerina)					Free				
	CC Weights Room	WJ16-18 Girls (Rebekah/Sean)					Senior Men				
	CC Sports Hall	WJ16-18 Girls (Rebekah/Sean)					Senior Women				
Wed	CC Erg Room	WJ16-18 Girls (Rebekah/Sean)					Dev & L2R				
	CC Weights Room	Jnr Boys (Katerina)					Free				
	CC Sports Hall	Circuits for all juniors (parent led)					Free				
Thu	CC Erg Room	Jnr Boys (Katerina)					Free				
	CC Weights Room	WJ16-18 Girls (Rebekah/Sean)					Senior Men				
	CC Sports Hall	WJ16-18 Girls (Rebekah/Sean) - conditioning					Masters Body Circuits				
Fri	CC Weights Room	Jnr Boys (Katerina)					Cleaning - NO USAGE				
	CC Weights Room	Cleaning - NO USAGE					Cleaning - NO USAGE				
	CC Sports Hall	Cleaning - NO USAGE					Cleaning - NO USAGE				

Sat	CC Erg Room	When River unrowable, subject to agreement between CCS and MRC - the appropriate key holder will take responsibility for locking up.
	CC Weights Room	
	CC Sports Hall	
Sun	CC Erg Room	When River unrowable, subject to agreement between CCS and MRC - the appropriate key holder will take responsibility for locking up.
	CC Weights Room	
	CC Sports Hall	

Person Responsible for Locking Up

Monday Rebekah Kerns
 Tuesday Harry Hoxley
 Wednesday Jim Hotchin
 Thursday Harry Hoxley
 Friday Katerina Kleshnev

Following any use at weekends, the appropriate key holder will take responsibility for locking up.
 Key holders to make themselves known to Marek.

Please direct any queries to your Squad Captain