

Land Training Schedule - January 2020							
Day	Time	ClubErgo	ClubWeights	ClubCircuits	CCSErgo	CCSWeights	CCSSports Hall
Monday	06:30-08:00	Brunel	Club	Club	NA	NA	NA
	17:00-17:30	WJ14-15	Club	Club	NA	NA	NA
	17:30-18:00	WJ14-15	Club	Club	NA	NA	NA
	18:00-18:30	WJ14-15	Club	Club	Rec & Adaptive	Available	Available
	18:30-19:00	SW & ML	Club	Club	Rec & Adaptive	Available	Available
	19:00-19:30	SW & ML	Club	Club	Rec & Adaptive	VM	VM
	19:30-20:00	SW & ML	Club	Club	Rec & Adaptive	VM	VM
	20:00-20:30	Club	Club	Club	NA	NA	NA
	20:30-21:00	Club	Club	Club	NA	NA	NA
Tuesday	17:00-17:30	Junior	Junior	Junior	NA	NA	NA
	17:30-18:00	Junior	Junior	Junior	NA	NA	NA
	18:00-18:30	Junior	Junior	Junior	Available	Available	Available
	18:30-19:00	VM & SM	SW & MW	SW & MW	Available	Available	Available
	19:00-19:30	VM & SM	SW & MW	SW & MW	Available	Available	Available
	19:30-20:00	VM & SM	VM & SM	VM & SM	Available	Available	Available
	20:00-20:30	VM & SM	VM & SM	VM & SM	NA	NA	NA
	20:30-21:00	VM & SM	VM & SM	VM & SM	NA	NA	NA
Wednesday	06:30-08:00	Brunel	Club	Club	NA	NA	NA
	17:00-17:30	Junior	Junior	Junior	NA	NA	NA
	17:30-18:00	Junior	Junior	Junior	NA	NA	NA
	18:00-18:30	Junior	Junior	Junior	Available	Available	Available
	18:30-19:00	SW & ML	Club	Club	Available	Available	Available
	19:00-19:30	SW & ML	Club	Club	Available	Available	Available
	19:30-20:00	SW & ML	Club	Club	Available	Available	Available
	20:00-20:30	Club	Club	Club	NA	NA	NA
	20:30-21:00	Club	Club	Club	NA	NA	NA

Draft Land Training Scedule Winter 2019-20

Day	Time	ClubErgo	ClubWeights	ClubCircuits	CCSErgo	CCSWeights	CCSSports Hall
Thursday	17:00-17:30	Junior	Junior	Junior	NA	NA	NA
	17:30-18:00	Junior	Junior	Junior	NA	NA	NA
	18:00-18:30	Junior	Junior	Junior	Available	Available	Available
	18:30-19:00	VM & SM	SW & MW	SW & MW	Available	Available	Available
	19:00-19:30	VM & SM	SW & MW	SW & MW	Available	Available	Available
	19:30-20:00	VM & SM	VM & SM	VM & SM	Available	Available	Available
	20:00-20:30	VM & SM	VM & SM	VM & SM	NA	NA	NA
	20:30-21:00	VM & SM	VM & SM	VM & SM	NA	NA	NA
Friday	17:00-17:30	Junior	Junior	Junior	NA	NA	NA
	17:30-18:00	Junior	Junior	Junior	NA	NA	NA
	18:00-18:30	Junior	Junior	Junior	NA	NA	NA
	18:30-19:00	Club	Club	Club	NA	NA	NA
	19:00-19:30	Club	Club	Club	NA	NA	NA
	19:30-20:00	Club	Brunel	Club	NA	NA	NA
	20:00-20:30	Club	Club	Club	NA	NA	NA
	20:30-21:00	Club	Club	Club	NA	NA	NA

Key	
Junior	Katerina
Rec & Adaptive	Recreational & Adaptive
VM & SM	Vet Men & Senior Men
SW & ML	Snr Women & Masters Ladies
Brunel	Brunel University
Club	Club open session
NA	Not Available