

TIMETABLE FOR 2017-2018 SEASON - (Updated Fri 8th Sept 2017)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Foundation			6.30-7.30pm Kings		6.00-7.00pm RP		4.00-5.00pm Kings
						7.15-8.15am Kings	
Development	6.30-7.30pm Kings		7.30-8.30pm Kings		6.00-7.00pm RP		
	6.00-7.30am RP					7.00-8.00am WC	
Preparation 1		5.30-7.00pm ATR	5.30-6.30pm ATR (6.30-6.45pm stretch)		5.00-5.50pm L/T (inc. stretch) 6.00-7.30pm Swim WC		
	6.00-7.30am RP					7.00-8.00am WC	
Preparation 2		5.30-7.00pm ATR	5.30-6.30pm ATR (6.30-6.45pm stretch)		5.00-5.50pm L/T (inc. stretch) 6.00-7.30pm Swim WC		5.00-6.00pm Kings
	5.30-7.00pm L/T (inc. stretch) 7.15-8.00pm ATR	5.30-7.00pm ATR			6.00-7.30am RP		9.00-11.00am WC
Academy			6.00-7.30am RP		6.00-7.30am RP		
	6.30-7.15pm L/T (inc. stretch) 7.30-9.00pm Swim ATR	7.00-9.00pm ATR		7.00-9.00pm WC	5.30-7.00pm ATR (7.00-7.15pm stretch)		5.00-6.00pm L/T (inc. stretch) 6.00-8.00pm Swim RP
Aspire			6.00-7.30am RP		6.00-7.30am RP		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Performance Potential		6.00-7.30am RP		6.00-7.30am RP	6.00-7.30am RP	6.00-8.00am St Sw	9.00-10.00am L/T WC
	6.30-7.15pm L/T (inc. stretch) 7.30-9.00pm ATR	7.00-9.00pm ATR	7.00-9.00pm ATR		5.30-6.30pm L/T 6.30-8.30pm Swim (8.45pm Stretch) ATR		
Excel	6.00-7.30am RP	6.00-7.30am RP		6.00-7.30am RP	6.00-7.30am RP	6.00-8.00am St Sw	
	5.30-7.30pm Swim 7.30-8.30pm L/T ATR	7.00-9.00pm WC	5.30-6.30pm L/T 6.30-9.00pm Swim ATR	Invites only	5.30-6.30pm L/T 6.30-9.00pm Swim ATR		
Masters	6.00-7.30am RP	6.00 - 7.30am RP	6.00-7.30am RP	6.00-7.30am RP	6.00-7.30am RP		9.00-10.00am L/T WC
	8.00-9.00pm WC	8.00-9.00pm RP		8.30-10.00pm RP			
Challenge	8.00-9.00pm WC	8.00-9.00pm RP	8.00-9.00pm RP			6.00-7.30pm WC	9.00-11.00am Swim or L/T 1 hour/Swim 1 hour WC
Junior Challenge	7.30-8.30pm Kings		8.00-9.00pm RP			6.00-7.30pm WC	9.00-10.00am WC
Masters Fitness		8.00-9.00pm RP		8.30-10.00pm RP			3.00-4.00pm Kings
	RP = Riverpark	Kings = Kings School	WC = Winchester College	St Sw = St Swithuns	LT = Land Training	ATR - Army Training (St John Moore Barracks)	