BARNES SWIMMING CLUB TIMETABLE OCTOBER 17

SQUAD	Development 4	Development 3	Development 2	Development 1	Performance 2	Performance 1	Senior Performance Development	Junior Performance Development	Pre Masters	Seniors and Masters
COACH	Bridget	Ben	Bridget/Bradley Roxana	Ben/Ruta	Alberto	Roxana	Ben/ Milton	Ben/ Milton	Milton	Tony
MON				18.30-20.00 **Ben**		18.30-20.30 **Roxana**	18.30-20.00 **Roxana**			20.00-21.30
TUE		18.30-20.00 **Ben**			06.00-07.30 **Roxana** 18.30-20.00 **Alberto**	06.00-07.30 **Roxana** 18.30-20.30 **Roxana**	06.00-07.30 **Roxana** 20.00-21.30 **Ben**	06.00-07.30 **Roxana** 20.00-21.00 **Ben**		20.00-21.30 **Alberto**
WED			18.30-19.30 **Bridget**	18.30-20.00 **Ruta**	18.00-20.00 **Alberto** **SPGS**	18.00-20.00 **Roxana** **SPGS**				20.00-21.30 **SPGS**
THU			18.30-19.30 **Roxana**	18.30-19.30 **Alberto**	19.30-21.00 **Alberto**	19.30-21.00 **Roxana**				20.00-21.30 **Tony**
FRI					18.30-20.00 **Roxana**	18.30-20.30 **Roxana**	18.30-20.00 **Ben**	18.30-20.00 **Ben**		20.00-21.30
SAT			8.30-10.00 **Bradley**	8.30-10.00 **Milton**	11.30-1.30 **Alberto**	10.00-11.30 **Bradley**	10.00-11.30 **Milton**	10.00-11.30 **Milton**	7.30-8.30 **Milton**	11.30-1.30 **Alberto**
SUN	09.30-10.30 **Bridget**	09.30-11.00 **Ben**	08.00-09.30 **Bridget**	08.00-09.30 **Tom**	(14.30-15.30)Ld Tr **Pilates Nicky** 12.30-2.30 **Ben**	(14.30-15.30)Ld Tr **Pilates Nicky** 12.00-14.15 **Roxana**	11.00-12.30 **Ben** (14.30-15.30)Ld Tr	11.00-12.30 **Ben** (14.30-15.30)Ld Tr		10.30-12.00

SPGS – Training session at St Paul's Girls' School, Brook Green, Hammersmith

Acton Swimming Pool. High St, London W3 6NE