

BARNES SWIMMING CLUB TIMETABLE SEPTEMBER 13

SQUAD	D 4 (Pre Team)	D 3 (Pre Team)	D 2 (JA)	D 1 (Aca)	P 2 (Cty)	P 1 (Reg)	CDT	PRE MASTERS	SENIORS AND MASTERS
COACH	Amanda/ Bridget	Amanda/ Bridget	Bradley	Romilly	Amanda	Roxana	Amanda	Milton	Tony
MON				18.30-20.00 Romilly		16.30-17.00(Ld Tr) 17.00-18.30 Roxana	18.30-20.00 Amanda		20.00-21.30 Tony
TUE		18.30-20.00 Amanda			06.00-07.30 Roxana 18.30-20.00 Roxana	06.00-07.30 Roxana 16.30-17.00(Ld Tr) 17.00-18.30 Roxana	06.00-07.30 Roxana 20.00-21.30 Amanda		20.00-21.30 Roxana
WED			18.30-19.30 Bradley	18.30-20.00 Romilly	18.00-20.00 Amanda SPGS	18.00-20.00 Roxana SPGS			20.00-21.30 SPGS Tony
THU			18.30-19.30 Roxana	18.30-19.30 Romilly	19.30-21.00 Amanda	16.30-17.00(Ld Tr) 17.00-18.30 Roxana			19.30-21.00 Tony
FRI					18.30-20.00 Roxana	16.30-17.00(Ld Tr) 17.00-18.30 Roxana	18.30-20.00 Amanda		20.00-21.30 Tony
SAT			8.30-10.00 Bradley	8.30-10.00 Milton	10.00-11.30 Bradley		10.00-11.30 Milton	7.30-8.30 Milton	14.30-16.30 Roxana
SUN	10.00-11.00 Bridget/Amanda	11.00-12.30 Bridget/Amanda	08.30-10.00 Bridget	08.30-10.00 Romilly	(13.30-14.30) Ld Tr Roxana 14.30-16.30 Amanda	(13.30-14.30)Ld Tr Roxana 14.30-16.30 Roxana	13.00-14.30 Amanda		12.45-2.00 SPGS Tony

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