**Gym Timetable September 2018 – 19**

|  |  |
| --- | --- |
| **Monday** | 6.45 – 8.30 MCSBC8.45 – 11.15 MRC members11.30 – 17.30 MCSBC17.30 onwards MRC members |
| **Tuesday** | 6.45 – 8.30 MCSBC8.45 – 14.10 MRC members14.20 – 17.30 HABS17.30 – 19.00 MRC women’s squad19.00 onwards MRC men’s squad |
| **Wednesday** | Up to 10.15 MRC members10.30 – 11.30 HABS11.30 – 13.30 MCSBC13.30 – 14.45 MRC members15.00 – 17.30 MCSBC17.30 – 20.00 MRC juniors |
| **Thursday** | 6.45 – 8.30 MCSBC8.45 – 10.15 MRC members10.30 – 13.30 HABS13.45 – 15.45 MRC members16.00 – 17.00 HABS17.30 – 19.00 MRC men’s squad19.00 onwards MRC women’s squad |
| **Friday** | Up to 11.15 MRC members11.30 – 1.30 MCSBC12.00 – 13.00 HABS13.15 – 15.45 MRC members15.30 – 17.30 MCSBC18.00 – 19.00 MRC women’s squad |
| **Saturday** | 8.00 – 8.45 MRC women’s squad8.45 – 9.30 MRC men’s squad9.30 – 10.15 HABS10.15 – 11.00 MRC juniors11.00 – 12.00 MCSBC |
| **Sunday** | 8.00 -9.00 MRC men’s squad9.00 – 10.00 MRC women’s squad10.00 – 11.00 MRC juniors |

**Unallocated times are available to MRC members**