**Gym Timetable September 2018 – 19**

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| **Monday** | 6.45 – 8.30 MCSBC  8.45 – 11.15 MRC members  11.30 – 17.30 MCSBC  17.30 onwards MRC members |
| **Tuesday** | 6.45 – 8.30 MCSBC  8.45 – 14.10 MRC members  14.20 – 17.30 HABS  17.30 – 19.00 MRC women’s squad  19.00 onwards MRC men’s squad |
| **Wednesday** | Up to 10.15 MRC members  10.30 – 11.30 HABS  11.30 – 13.30 MCSBC  13.30 – 14.45 MRC members  15.00 – 17.30 MCSBC  17.30 – 20.00 MRC juniors |
| **Thursday** | 6.45 – 8.30 MCSBC  8.45 – 10.15 MRC members  10.30 – 13.30 HABS  13.45 – 15.45 MRC members  16.00 – 17.00 HABS  17.30 – 19.00 MRC men’s squad  19.00 onwards MRC women’s squad |
| **Friday** | Up to 11.15 MRC members  11.30 – 1.30 MCSBC  12.00 – 13.00 HABS  13.15 – 15.45 MRC members  15.30 – 17.30 MCSBC  18.00 – 19.00 MRC women’s squad |
| **Saturday** | 8.00 – 8.45 MRC women’s squad  8.45 – 9.30 MRC men’s squad  9.30 – 10.15 HABS  10.15 – 11.00 MRC juniors  11.00 – 12.00 MCSBC |
| **Sunday** | 8.00 -9.00 MRC men’s squad  9.00 – 10.00 MRC women’s squad  10.00 – 11.00 MRC juniors |

**Unallocated times are available to MRC members**