

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5.30 - 7.30 am</b>	<b>5.30 - 7.30 am</b>	<b>5.30 - 7.30 am</b>	<b>5.30 - 7.30 am</b>	<b>5.30 - 7.30 am</b>	<b>5.30 am</b>	
CWC	CM	CWA	Novice	Green		
Green		CWB		CM		
<b>7.15 am</b>	<b>7.15 am</b>	<b>7.15 am</b>	<b>7.15 am</b>	<b>7.15 am</b>	<b>7.00 am</b>	<b>7.15 am</b>
Juniors	Juniors	Juniors	Juniors	Juniors	CWA	
					CWB	
					CM	
<b>9.15AM</b>	<b>9.30 am</b>	<b>9.30 am</b>	<b>9.30 am</b>	<b>9.15 am</b>	<b>9.30 am</b>	<b>9.30 AM</b>
Rec				Rec	Rec	Rec
					CWC	Novice
					Green	
<b>5.30pm/5.45pm</b>	<b>5.30pm/5.45pm</b>	<b>5.30pm/5.45pm</b>	<b>5.30 pm</b>	<b>5.30pm/5.45pm</b>	<b>1PM-3PM/12PM-2PM</b>	
CWA	CWC	CM	CWA	Novice		
CWB	Novice	Green	CWB			
Rec		Rec	CWC			

\*Each rower may attend 4 coached sessions a week.