

Seals Training Schedule

Training Group		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Cost per Month
Red	Senior	7.00-8.00pm	8.00-9.00pm		7.00-8.00pm	6.00-7.15pm	4.45-5.45pm	6.45-7.45am	£62.50
	Junior	7.00-8.00pm	8.00-9.00pm		7.00-8.00pm	6.00-7.15pm	4.45-5.45pm	6.45-7.45am	£62.50
White	Senior	6.00-7.00pm	7.00-8.00pm		6.00-7.00pm		5.30-6.30pm		£55.00
	Junior	6.00-7.00pm	7.00-8.00pm			7.15-8.30pm	5.30-6.30pm		£55.00
Blue			7.00-8.00pm			7.15-8.30pm	5.30-6.30pm		£47.50
Masters 1						7.15-8.30pm			£32.50
Masters 2						7.15-8.30pm	4.45-5.45pm		£40.00
Black	A		7.00-8.00pm		6.00-7.00pm	7.15-8.30pm	5.30-6.30pm		£55.00
	B		7.00-8.00pm		6.00-7.00pm	7.15-8.30pm		7.45-8.45am	£55.00
	C	6.00-7.00pm			6.00-7.00pm			7.45-8.45am	£47.50
	Starter	6.00-7.00pm						7.45-8.45am	£40.00