

Buckhurst Hill Adult and Junior Weekly Program

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00- 10.00					Adult Cardio AW	AW & TR	
10.00-11.00						AW & TR	
11.00-12.00						AW & TR	
12.00-1.00						AW & TR	
1.00-2.00						AW & TR	
2.00-3.00							
3.00-4.00							
4.00-5.00	AW & TR		AW & TR				
5.00-6.00	PK & AW	PK & TR	AW & PK,TR	AW, PK &TR			
6.00-7.00		PK & AW	AW & PK, TR	AW & PK			
7.00-8.00	Adult Beginners and Improvers AW	Adult Beginners and Improvers AW					
8.00-9.00							

Key: Red = children ages 8 & under Orange = children 8/9 Green = children ages 10 Yellow = children ages 11 plus

Coach: AW - Adam Webb; PK - Paul Kitto; TR - Tom Rigby