

## **Tees Rowing Club Squad Erg Session Timetable Winter 2020/21**

	<b><u>1<sup>st</sup> Session 18.00 – 19.30</u></b>	<b><u>2<sup>nd</sup> Session 19.30 – 21.00</u></b>
<b>Monday</b>	Juniors (KOS) – 9 ergos <i>Warbys Women (AW) - 4 weights</i> (ergos full) ( <i>weights full</i> )	Ed.P. - 1 ergo <i>TUBC (KOS) – 4 weights</i> (8 ergos free) ( <i>weights full</i> )
<b>Tuesday</b>	Mens Masters (KW) – 8 ergos Ed.P. – 1 ergo (full) (ergos full) ( <i>4 weights free</i> )	Tees Tigers (EK) – <i>1 weights</i> (9 ergos free) ( <i>3 weights free</i> )
<b>Wednesday</b>	Ed.P – 1 ergo Dev Women (AW) - 5 ergos <i>Becky.G. - 1 weights</i> (2 ergos free) ( <i>3 weights free</i> )	(9 ergos free) ( <i>4 weights free</i> )
<b>Thursday</b>	Becky G – 1 ergo Warbys Women (AW) - 8 ergos <i>Juniors (KOS) - 4 weights</i> (ergos full) ( <i>weights full</i> )	Ed.P. - 1 ergo TUBC (KOS) – 8 ergos ( <i>ergos full</i> ) ( <i>4 weights free</i> )
<b>Friday</b>	Becky G – 1 ergo (8 ergos free) ( <i>4 weights free</i> )	(9 ergos free) ( <i>4 weights free</i> )

### **NO MORE THAN 4 PEOPLE IN GYM – TAKE ERGOS INTO BOAT BAYS IF NEEDED**

To request allocation of free places listed please email [lucy@truck.net](mailto:lucy@truck.net) with name/s and numbers.

Ad hoc use of free slots is on a first come, first served basis.

