



Heart of Midlothian ASC

Training Schedule – 2019 / 2020 Season



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ELITE Lead Coach: Phil Potter	RCP 0530-0730 or Symergy Gym 0600-0700	Drumbrae GIRLS Pilates/Yoga 1650-1720 Swim 1730-1900 BOYS Pilates/Yoga 1720-1750 Swim 1800-1930	RCP 0530-0730	Ainslie Park 1700-1900	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000	RCP 0600-0800	
FaST 2 Lead Coach: Michal Adamek	RCP 0530-0730 0600-0730 (tp) or Symergy Gym 0600-0700		RCP 0530-0730 RCP 1800-2000	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1900 Land 1800-18500 Swim 1900-2030	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000	RCP 0600-0800
FaST 1 Lead Coaches: Jill Muirden Michal Adamek	RCP (teaching pool) 0600-0730 Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1715-1900	Ainslie Park Land 1800-18500 Swim 1900-2030			RCP Land 1700-1730 Swim 1730-1930
TaSK 3 Lead Coach: Angus Johnstone	RCP (teaching pool) 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2030		Forrester 1900-2015		Drumbrae Land 1600-1650 Swim 1700-1830
TaSK 2 Lead Coach: Ellie Starkey	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
TaSK 1 Lead Coach: Amy Kerr	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
SwiFT Lead Coach: Angus Johnstone	Forrester 2030-2130		Forrester 2030-2130		Forrester 2015-2130		Drumbrae 1830-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2030-2130			Drumbrae 1930-2045