



Heart of Midlothian ASC

Training Schedule – 2020 / 2021 Season



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TIER 1	RCP 0530-0730	RCP 1630-1800	RCP 0530-0730 Pilates / Yoga 1900-1945	RCP 1630-1800	RCP 0530-0730 MARRvelous Fitness 1700-1745	RCP 0530-0730	
TIER 2	RCP 1800-2000	RCP TP 0600-0730	Pilates / Yoga 1900-1945	RCP TP 0600-0730	MARRvelous Fitness 1700-1745 RCP 1800-2000		RCP 1730-1930
TIER 3		Drumbrae 1830-1945	Drumbrae 1930-2045		RCP TP 0600-0730 MARRvelous Fitness 1700-1745		
TIER 4			Drumbrae 1830-1930		MARRvelous Fitness 1700-1745		Drumbrae 1730-1845
TIER 5							Drumbrae 1630-1730
SwiFT	discuss personal schedules with Head Coach						
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2045			Drumbrae 1930-2045	RCP 1530-1630	