



Heart of Midlothian ASC

Training Schedule – 2020 / 2021 Season



	Monday 21/12/2020	Tuesday 22/12/2020	Wednesday 23/12/2020	Thursday 24/12/2020	Friday 25/12/2020	Saturday 26/12/2020	Sunday 27/12/2020	
TIER 1	Pilates / Yoga 1700-1745	RCP 0530-0730 MARRvelous Fitness 1700-1745	RCP 0530-0730 RCP 1800-2000	<h1>MERRY CHRISTMAS!</h1>			RCP 1200-1400	
TIER 2	RCP TP 0600-0730 Pilates / Yoga 1700-1745	MARRvelous Fitness 1700-1745 RCP 1930-2100	Ainslie Park 1730-1930				RCP 1200-1400	
TIER 3	Pilates / Yoga 1700-1745	MARRvelous Fitness 1700-1745 Drumbrae 1830-1945	Queensferry High 1845-2015				RCP 1030-1200	
TIER 4	Pilates / Yoga 1700-1745 Forrester 1900-2015	MARRvelous Fitness 1700-1745	Forrester 1900-2015				Drumbrae 1430-1545	
TIER 5			Forrester 1800-1900				Drumbrae 1330-1430	
TIER 6	Forrester 1800-1900						Drumbrae 1330-1430	
Swift	discuss personal schedules with Head Coach							
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson								



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	Monday 28/12/2020	Tuesday 29/12/2020	Wednesday 30/12/2020	Thursday 31/12/2020	Friday 01/01/2021	Saturday 02/01/2021	Sunday 03/01/2021
TIER 1	RCP 1330-1530	RCP 1330-1530	RCP 1330-1530	<h1>HAPPY NEW YEAR!</h1>			RCP 1200-1400
TIER 2	RCP 1330-1530	RCP 1330-1530	RCP 1330-1530				RCP 1200-1400
TIER 3		RCP 1530-1700	Queensferry High 1845-2015				RCP 1030-1200
TIER 4		Drumbrae 1715-1830					Drumbrae 1730-1845
TIER 5		Drumbrae 1615-1715					Drumbrae 1630-1730
TIER 6		Drumbrae 1615-1715					Drumbrae 1630-1730
SwiFT	discuss personal schedules with Head Coach						
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson							



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	Monday 04/01/2021	Tuesday 05/01/2021	Wednesday 06/01/2021	Thursday 07/01/2021	Friday 08/01/2021	Saturday 09/01/2021	Sunday 10/01/2021
TIER 1	Pilates / Yoga 1700-1745	RCP 0530-0730 MARRvelous Fitness 1700-1745	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1730-1930	MARRvelous Fitness 1700-1745 Drumbrae 1800-1945	RCP 0600-0800	
TIER 2	RCP TP 0600-0730 Pilates / Yoga 1700-1745	MARRvelous Fitness 1700-1745 RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730 MARRvelous Fitness 1700-1745		RCP 1730-1930
TIER 3	Pilates / Yoga 1700-1745	MARRvelous Fitness 1700-1745 Drumbrae 1830-1945	Queensferry High 1845-2015	Ainslie Park 1930-2100	MARRvelous Fitness 1700-1745		RCP TP 1700-1900
TIER 4	Pilates / Yoga 1700-1745	MARRvelous Fitness 1700-1745	Forrester 1900-2015		MARRvelous Fitness 1700-1745 Forrester 1900-2015		Drumbrae 1730-1845
TIER 5			Forrester 1800-1900				Drumbrae 1630-1730
TIER 6					Forrester 1800-1900		
SwiFT	discuss personal schedules with Head Coach		Forrester 2015-2115		Forrester 2015-2115		
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2045			Drumbrae 1945-2045		



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