



Heart of Midlothian ASC

Training Schedule – 2020 / 2021 Season



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TIER 1	Pilates / Yoga 1645-1730	RCP 0530-0730 MARRvelous Fitness 1645-1730	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1730-1930	MARRvelous Fitness 1645-1730 Drumbrae 1800-1945	RCP 0600-0800	
TIER 2	RCP TP 0600-0730 Pilates / Yoga 1645-1730	MARRvelous Fitness 1645-1730 RCP 1930-2100	Ainslie Park 1730-1930		RCP 0530-0730 MARRvelous Fitness 1645-1730		RCP 1730-1930
TIER 3	Pilates / Yoga 1645-1730	MARRvelous Fitness 1645-1730 Drumbrae 1830-1945	Queensferry High 1845-2015	Ainslie Park 1930-2100	MARRvelous Fitness 1645-1730		RCP TP 1700-1900
TIER 4 <i>maximum of 2 weekday sessions to be nominated</i>	Pilates / Yoga 1645-1730 Forrester 1900-2015	MARRvelous Fitness 1645-1730	Forrester 1900-2015		MARRvelous Fitness 1645-1730 Forrester 1900-2015		Drumbrae 1730-1845
TIER 5	Pilates / Yoga 1645-1730	MARRvelous Fitness 1645-1730	Forrester 1800-1900		MARRvelous Fitness 1645-1730		Drumbrae 1630-1730
TIER 6	Pilates / Yoga 1645-1730 Forrester 1800-1900	MARRvelous Fitness 1645-1730			MARRvelous Fitness 1645-1730 Forrester 1800-1900		
SWIFT	discuss personal schedules with Head Coach						
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1945-2045			Drumbrae 1945-2045		TBC tbc-tbc