

# Rowing Timetable Autumn 2025

Notes: Where Gym/Water is shown, these sessions are often on the water when daylight and river conditions permit.

When the schools are using the gym in their allotted times, it is expected that members will not use the gym for welfare/safeguarding reasons.

Juniors are not allowed to use the Clubhouse/upstairs toilets/kitchen during these times [until ergs relocated].

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Before school	None	MCSBC 06:15-08:30 Gym/Water	MCSBC 06:15-08:30 Gym/Water	MCSBC 06:15-08:30 Gym/Water	MCSBC 06:15-08:30 Gym/Water	MRC I-group 07:30 - 11:30 Water MRC R-Group 08:30 & 09: 30 Coached Water	MRC I-group 07:30 & 10:00 Coached Water MRC R-Group 09:30 & 11:30 Coached Water
Morning	MRC R-Group 9:00 Coached Water	None	MRC Social Group 08:45 Water	None	None	MCSBC 07:45-10:00 Water HMSRC 09:00-12:00 Water	
Afternoon/after school	MCSBC 15:30-17:30 Gym/Water	MCSBC 15:00-17:30 Gym/Water	MCSBC 15:00-17:30 Gym/Water	MCSBC 15:00-17:30 Gym/Water	MCSBC 15:00-17:30 Gym/ Water	MRC bad weather gym slot 07:30 - 10:00 MCSBC bad weather gym slot tbc	
	HMSRC 14:00-15:30 Gym/Water	HMSRC 14:00-16:00 Water	HMSRC 14:00-16:00 Water	HMSRC 14:00-16:00 Water	HMSRC 14:30-16:00 Gym/Water	HMSRC bad weather gym slot tbc	
	MRC 17:45 Weights	MRC 17:45 & 19:00 Hard Ergs	MRC 17:45 Weights	MRC 17:45 & 19:00 UT2 Ergs			

MRC R-Group  
MRC I-Group

MRC Rowing Group  
MTC intensity programme Group