

BARC Gym Sessions – Winter 2024/25

	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THURS</i>	<i>FRI</i>
6am					
7am	06:30 - 07:15 Recovery Erg	06:30 - 07:15 Recovery Erg	06:30 - 07:15 Recovery Erg	06:30 - 07:15 Recovery Erg	06:30 - 07:15 Recovery Erg
8am					
5pm	16.30 – 18:00 BARC Juniors	16.30 – 18:00 BARC Juniors	16.30 – 18:00 BARC Juniors	16.30 – 18:00 BARC Juniors	
6pm	18:00 – 19:00 Training for Endurance	18:00 – 18:45 Interval Erg	18:00 – 19:00 Core Stability & Stretching	18:00 – 18:45 Interval Erg	18:00 – 19:00 Core Stability & Stretching
7pm		19:00 – 20:00 Club 140		19:00 – 20:00 Circuit Training	19:00 on Occasional social - Rachel
8pm					

DAILY RECOVERY ERG

Richard D & Simon C

**SQUAD TRAINING
JUNIORS ONLY**

Megan J-G & Hugh S

**INTERVAL ERG
HIIT WORKOUT**

Richard D & Simon C

**TRAINING FOR
ENDURANCE**

Zoe & Richard

**CLUB 140 - MIX OF
ROUTINES & MUSIC**

Adrian S

**CORE STABILITY &
STRETCHING**

Rachel W & Chris M

CIRCUIT TRAINING

Brenda F

**These are the Organised Group Sessions – Individual Training Open
FOR ROWING SESSION TIMETABLE – SEE FITCLUB**

JOHN A-D 07718-603137 johnaustindavies@gmail.com