



Winter Training Schedule 2018-19

Monday	6:30pm* 7:30pm** 8:00pm	Track Run Session – Thames Valley Athletic Centre (TVAC) Open air lido pool (33m) swim coaching - Wycombe Rye Lido Brick Ride/Run (Spin) Session - Windsor Leisure Centre (WLC)
Tuesday	7:30pm 8:05pm	Spin Session – Wycombe Rye Strength & Conditioning – Thames Valley Athletic Centre (TVAC)
Wednesday	7:00am	Spin – Windsor Leisure Centre (WLC)
	7:00pm	Run Session – Wycombe Rye
** (Note change of ability for session)	7:30pm** 8:30pm**	Coached pool swim session (beginners & improvers) – WLC Coached pool swim session (intermediate and advanced) - WLC
Thursday	7:30pm**	Open air lido pool (33m) swim coaching - Wycombe Rye Lido
Friday	6.30-7.30pm 7.30-8.15pm 7:30-8:30pm	Spin – The Marlow Club Strength & Conditioning / stretch yoga – The Marlow Club (every other week) Spin – Windsor Leisure Centre (WLC)
Saturday	9.00am	Park Run – Wycombe Rye
Sunday	Depart 9:00am	Group bike ride – Cinnamon Café, Windsor

* Participants must pay the coach on the night £5 (entry to the track paid for by EVO, please sign-in at reception)

**Trial timings at venues may revert to original times

Bookings MUST be made via GymSync - [Book today!](#)

Please book no earlier than 48 hours before the session. Note that you will not be able to book before your booking day, sorry!

Places on some sessions are limited, so please don't leave it to the last minute to cancel as others on any waiting lists can attend the session!

You are required to bring a sweat towel for the spin and brick sessions, and will have to clean the bikes & floor down after, using paper towels and sanitiser spray (provided)

Showers, lockers and changing rooms are free to use on your visit to the club.

www.evotri.co.uk

07780 994772

crew@evotri.co.uk