

BUAC TRAINING TIMES 21-22

	MON	TUE	WED	THU	FRI	SAT	SUN	
9:00	Triage Sign-Up (Reception)			Triage Sign-Up (Reception)				
09:30								
10:00		Tempo (Cannon Hill)	Track Talent Hub Slot	Track Talent Hub Slot		BUAC CLUB TRACK	Long Run (meet at Sports Centre)	
10:30								
11:00								
12:00								
13:00						BUAC Games @ Track		
14:00			BUAC CLUB TRACK (OR HIPAC)	Grass Session (various locations)				
15:00		Tempo (Cannon Hill)						
16:00					FOOTDRILLS (Dojo)			
17:00	BUAC CLUB TRACK			CIRCUITS (Sports Hall)	BUAC CLUB TRACK			
18:00		Tempo (Dental Hospital)					AU Yoga (Dojo)	
18:30								
19:00								
20:00			BUAC CLUB TRACK					
20:30								
	Text	Main club sessions - ALL BUAC members have access to these sessions.						
	Text	Endurance focused sessions, however any club members are welcome						
	Text	These is primarily for Talent Hub athlete use, but Club Members can request to access						
	Text	Supplementary Sessions, available for all club members - all take place in Sport & Fitness Centre						