

LEVEL 5

MON	TUE	WED	THUR	FRI	SAT	SUN
5.00-7.00 AM Horwich RH		5.00-7.00 AM Horwich RH	5.00-7.00 AM Farnworth AE	5.00-7.00 AM Horwich RH	6.00-8.00 AM + 8.15-9.00 AM Land Training Horwich RH	7.00-9.00 AM Horwich RH/AE
5.45-7.45 PM Bolton School RH	Land Training Only 7.30-8.30 PM Train 24 Gym Sam Williamson RH	5.30-6.15 PM Land Training + 6.30-8.30 PM Sharples RH		5.45-7.45 PM Bolton School RH		

LEVEL 4

MON	TUE	WED	THUR	FRI	SAT	SUN
5.00-7.00 AM Horwich RH		5.00-7.00 AM Horwich RH	Drop In Session Available Farnworth		6.00-8.00 AM + 8.15-9.00 AM Land Training Horwich RH	7.00-9.00 AM Horwich RH/AE
5.45-7.45 PM Bolton School RH		5.30-6.15 PM Land Training Only Sharples RH	6.30-8.30 PM Westhoughton RH	5.45-7.45 PM Bolton School RH		

LEVEL 3

MON	TUE	WED	THUR	FRI	SAT	SUN
	5.00-7.00 AM Horwich AE		Drop In Session Available Farnworth	5.00-7.00 AM Horwich AE	5.45-7.30 AM Westhoughton AE + 8.15-9.00 AM Land Training - Horwich (RH)	7.00-9.00 AM Horwich AE/RH
	7.00-9.00 PM Farnworth AE	6.30-8.30 PM Smithills AE	6.30-8.30 PM Westhoughton AE			

LEVEL 2

MON	TUE	WED	THUR	FRI	SAT	SUN
	5.15-7.00 AM Horwich AE		Drop In Session Available Farnworth		5.45-7.30 AM Westhoughton AE + 8.15-9.00 AM Land Training - Horwich (RH)	7.00-9.00 AM Horwich AE/RH
	7.00-9.00 PM Farnworth AE	6.30-8.30 PM Smithills AE				3.00-5.00 PM Westhoughton AE

LEVEL 1

MON	TUE	WED	THUR	FRI	SAT	SUN
	5.30-7.00 AM Horwich AE		Drop In Session Available Farnworth		7.30-9.00 AM Westhoughton AE	7.00-9.00 AM Horwich AE/RH
		5.30-6.15 PM Land Training Only Sharples RH	5.30-6.30 PM Westhoughton AE			3.00-5.00 PM Westhoughton AE