



Hunter Valley Grammar School
Rowing

Crew Training Schedules

2019/20 Season

	U15	U16	U17/19	HP
Monday AM			ROW	
Monday PM				GYM
Tuesday AM		ROW		
Tuesday PM	ROW		GYM	
Wednesday AM	ROW			ROW
Wednesday PM		GYM		
Thursday AM			ROW	
Thursday PM	ROW			GYM
Friday AM		ROW		
Friday PM				
Sat 1 6:00-8:00am			ROW	
Sat 2 8:00-10:00am	ROW			
Sat 3 10:00-12:00pm		ROW		

Applies to Term 4 2019 and Term 1 2020.