

## NEWPORT ROWING CLUB SUNDAY

### JANUARY

5<sup>TH</sup> LAND TRAINING

12<sup>TH</sup> 11:00

19<sup>TH</sup> LAND TRAINING

26<sup>TH</sup> 11:00

### FEBRUARY

2<sup>ND</sup> LAND TRAINING

9<sup>TH</sup> 10:00

16<sup>TH</sup> 16:00 SHORT SESSION

23<sup>RD</sup> 10:30

### MARCH

1<sup>ST</sup> 15:00

8<sup>TH</sup> 9:00

15<sup>TH</sup> 14:30

22<sup>ND</sup> 9:30

29<sup>TH</sup> 14:30 BST

### APRIL

5<sup>TH</sup> 9:00

12<sup>TH</sup> 14:00

19<sup>TH</sup> 10: 00 SHORT SESSION

26<sup>TH</sup> 13:00

### MAY

3<sup>RD</sup> 8:00

10<sup>TH</sup> 13:00

17<sup>TH</sup> LAND TRAINING

23<sup>RD</sup> 11:30

31<sup>ST</sup> 18:30

### JUNE

7<sup>TH</sup> 12:00

14<sup>TH</sup> 19:00 SHORT SESSION OR LAND TRAINING  
water till 20:30

21<sup>ST</sup> 11:30

28<sup>TH</sup> 17:00

## SESSION TIMES 2020

### July

5<sup>th</sup> 11:00

12<sup>th</sup> 16:30

19<sup>th</sup> 10:00

26<sup>th</sup> 15:00

### August

2<sup>nd</sup> 10:00

9<sup>th</sup> 14:30

16<sup>th</sup> 9:00

23<sup>rd</sup> 14:00

30<sup>th</sup> 9:00

### September

6<sup>th</sup> 13:00

13<sup>th</sup> 10:00 Land Training

20<sup>th</sup> 13:00

27<sup>th</sup> 8:30

### October

4<sup>th</sup> 12:00

11<sup>th</sup> 10:00 Land Training

18<sup>th</sup> 11:30

25<sup>TH</sup> 10:00 Land Training GMT

### November

1<sup>ST</sup> 10:00

8<sup>TH</sup> 10:00 Land Training

15<sup>TH</sup> 09:30

22<sup>ND</sup> 10:00 Land Training

29<sup>TH</sup> 09:00

### December

6<sup>th</sup> 14:00

13<sup>th</sup> 09:00

20<sup>th</sup> TBA 14:00 till 1600 ????

27<sup>th</sup> 08:30