

Day of Week	Time	Session	Age Group	Location	Comments
Monday	18:00-18:45	FUNdamentals	6-8 years old	St Michaels High School, Chorley	
	18:00-19:00	Throwing/Core	invite only	St Michaels High School, Chorley	
	18:00-19:00	Cycling	8+ years old	St Michaels High School, Chorley	
	19:00-20:00	Foundation	9+ years old	St Michaels High School, Chorley	
	19:00-20:00	Jumping	invite only	St Michaels High School, Chorley	
	19:00-20:00	Core Work	invite only	St Michaels High School, Chorley	
	19:00-20:00	Intervals	seniors	St Michaels High School, Chorley	Meet in lower car park
Tuesday	18:30-19:30	Endurance Running	10+ years old	St Michaels High School, Chorley	
	18:30-19:30	Endurance Running	9-seniors	Various Road and Trail Locations	
	18:30-19:30	Sports Hall	9+ years old	St Michaels High School, Chorley	
	19:00-20:00	Cycling	seniors	UCLAN (summer only)	
Thursday	18:00-19:00	Swimming	8+ year olds	Brinscall Baths	
	18:30-19:30	Foundation	9+ years old	St Michaels High School, Chorley	
	18:30-19:30	Endurance Running	10+ years old	St Michaels High School, Chorley	
	19:00-20:00	Endurance Running	9+ year olds	Horwich Track	
	19:00-20:00	Sprint/Jumps	9+ year olds	Horwich Track	
	19:00-20:00	Endurance Running	seniors	Chorley Cricket Club	upto 10k run
Saturday	09:00-10:00	XC	invite only	Various Locations	