

Day	Time	Session	Age group	Location	Coach
Monday	6-7pm:	Cycling	8+	St. Michaels's small gym (Oct-April) / UCLAN (May to September)	Steve Thomas / Mark Sheffield
	6-7pm:	FUNdamentals	6-8 years old	St Michaels's large gym	Simon Townsend / Vanessa Glew
	6-7pm	Throwing	invite only	St Michaels's large gym	Alan Morris
	7-8pm	Foundation athletics	9-12 years old	St Michaels's large gym	Simon Townsend / Vanessa Glew
	7-8pm	Jumping	invite only	St Michael's small gym	Stuart Swann
	7-8pm	Core work	invite only	St Michaels's large gym	TBC
Tuesday	6.30-7.30pm	Endurance interval running - Group 1, 2 & 3	10+	St Michael's small gym	Richard Farron / Stuart Kilmartin / Katie Hewison
	6.30-7.30pm	Endurance running- All abilities	8+	Various road and trail locations	Stuart Swann
Thursday	6-7pm	Swimming	8+	Brinscall swimming baths	Jane Bowles
	6.30-7.30pm	Foundation Athletics	9-12 year olds	St Michael's large gym	Mike Mason
	6.30-7.30pm	Endurance & sports hall athletics	9-12 year olds	St Michael's large gym	Richard Farron
	6.30-7.30pm	Endurance running - Group 2 & 3	12+	St Michael's small gym	Stuart Kilmartin / Ian Leigh
	7-8pm	Speed endurance / sprints	8+	Horwich Track	Stuart Swann
	7-8pm	Throwing	invite only	Horwich Track	Alan Morris