

Gym Opening Hours

COVID-19 Safe Hygiene Marshall

Members are not permitted to train in the gym outside of the times listed below

For club coaches whom wish to organise training sessions at other times or if you want to volunteer as a Marshall, please call Gary McNamara 0400 180 188

Monday	Ken Smith	6am to 8am
	Geoff Young / Roger Monahan	8am to 9am
	John Douglas / Rod Holdsworth	1pm to 4pm
Tuesday	Ken Smith	6am to 8am
	Mick Brannock	8am to 930am
	Glenn Hayward	11am to 12am
	John Douglas / Rod Holdsworth	1pm to 4pm
Wednesday	Justin Baratta	6am to 730am
	Geoff Young / Roger Monahan	8am to 9am
	John Douglas / Rod Holdsworth	1pm to 4pm
Thursday	Ken Smith	6am to 8am
	Mick Brannock / Brian Mayoh	8am to 930am
	John Douglas / Rod Holdsworth	1pm to 4pm
	Neil Hallinan	5pm to 630pm
Friday	Justin Baratta	6am to 730am
	Mick Brannock	8am to 930am
	John Douglas / Rod Holdsworth	1pm to 4pm
Saturday	Closed – we need a volunteer Marshall to open this day	
Sunday	Glenn Hayward	730am to 830am
Squad Training	Mark Sargeant	Upon request from club coaches
	Brad Querzoli	Rowing squad / fitness coach
	Tom Colquhoun	Rowing squad / fitness coach
	Jason Murray	Rowing squad / fitness coach
Substitute	Gary McNamara	Upon request from Marshalls