

	Hounslow Jets Weekly Timetable	Day / Location / Time	Day / Location / Time	Day / Location / Time	Day / Location / Time	Day / Location / Time	Day / Location / Time	Day / Location / Time	
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
AVAILABLE SESSIONS PER WEEK	SQUAD	Brentford Fountain Leisure Centre	Brentford Fountain Leisure Centre	N O S W I M M I N G	Isleworth Recreation Centre	Brentford Fountain Leisure Centre	New Chiswick Pool	New Chiswick Pool	
2 2 x 45 mins	HARRIERS 1	SWIM 18:30 - 19:15				SWIM 18:30 - 19:15			
3 3 x 1 hr	HARRIERS 2	SWIM 18:30 - 19:30				SWIM 18:30 - 19:30		SWIM 17:00 - 18:00	
5 4 x 1 hr (SWIM) 1 x 1hr (LT)	HARRIERS 3	SWIM 18:30 - 19:30				SWIM 06:30 - 07:30 18:30 - 19:30	LAND TRAINING 15:00 - 16:00	SWIM 16:00 - 17:00	
2 1 x 1hr 1 x 1.5hr	JETS CLUB	SWIM 19:30 - 20:30				SWIM 19:30 - 21:00			
6 1 x 1hr (LT) 1 x 1 hr 2 x 1.5hr 2 x 2hr	BLUE	SWIM 19:30 - 20:30	SWIM 19:00 - 20:30			SWIM 19:30 - 21:00	LAND TRAINING 15:00 - 16:00 SWIM 16:00 - 18:00	SWIM 16:00 - 18:00	
6 1 x 1hr (LT) 2 x 1 hr 2 x 1.5hr 1 x 2hr	WHITE	SWIM 19:30 - 20:30				SWIM 18:00 - 19:30	SWIM 06:30 - 07:30 SWIM 19:30 - 21:00	LAND TRAINING 15:00 - 16:00 SWIM 16:00 - 18:00	
9 1 x 1hr (LT) 1 x 0.75hr (LT) 1 x 1.25 hr 1 x 1 hr 1 x 1.5hr 1 x 1.75hr 3 x 2hr	RED B	SWIM 19:15 - 20:30	LAND TRAINING 17:45 - 18:30 SWIM 18:30 - 20:30			SWIM 18:00 - 19:30	SWIM 06:30 - 07:30 SWIM 19:15 - 21:00	LAND TRAINING 15:00 - 16:00 SWIM 16:00 - 18:00	SWIM 16:00 - 18:00
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