

## GUILDFORD CITY MASTERS TRAINING TIMES

MON	TUES	WEDS	THURS	FRI	SAT	SUN
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06.00 - 07.00 or  
06.00 - 08.00  
SPECTRUM

06.00 - 08.00 SSP

19.30 - 20.30  
SPECTRUM

06.00 - 08.00 SSP

20.30 - 21.30  
SPECTRUM

07.00 - 09.00 SSP