

# TRIATHLON CLUB

## TIMETABLE

### Fees

Annual Membership Fee - £25  
 Monthly Swimming Fee - £10  
 (TLT Gym Members) or £16 (Non-TLT Gym Members)

	MONDAY	TUESDAY	WEDNESDAY		SATURDAY	SUNDAY	
SESSION	Swim (Coached)	Run (Coached) Technical & Speed	Cycle (Spin) £2 per session	Swim (Coached)	Cycle (Endurance)	Swim	Cycle (Moderate)
TIME	8.30pm-9.30pm	7.00pm-8.30pm	7.15am-8.15am	8.00pm-9.00pm	1.40pm Start	7.30am-8.30am	9.25am Start
LOCATION	Pontypool Active Living Centre	Pontypool Active Living Centre	Cwmbran Stadium	Fairwater Lesiure Centre	Pontypool Harvester	Pontypool Active Living Centre	Pontypool Harvester



In partnership with:

