

**Bicester Performance Lake**

**Autumn Timetable 16<sup>th</sup> September - 27<sup>th</sup> October (End of BST)**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Lake Swim 07:30-08:30	Lake Swim 07:30-08:30	Lake Swim 07:30-08:30	Lake Swim 07:30-08:30	Lake Swim 07:30-08:30	Lake Swim 08:30-09:30	Lake Swim 08:30-09:30
Lake Swim 11:30 – 12:30				Lake Swim 11:30 – 12:30	Paddleboarding 11:00 – 12:00 Maximum of 6	Paddleboarding 11:00 – 12:00 Maximum of 6
Paddleboarding 13:00 – 14:00 Maximum of 6	Paddleboarding 13:00 – 14:00 Maximum of 6	Paddleboarding 13:00 – 14:00 Maximum of 6	Paddleboarding 13:00 – 14:00 Maximum of 6	Paddleboarding 13:00 – 14:00 Maximum of 6	Paddleboarding 13:00 – 14:00 Maximum of 6	Paddleboarding 13:00 – 14:00 Maximum of 6
Lake Swim 16:00-17:00	Lake Swim 17:00-18:00	Lake Swim 16:00-17:00	Lake Swim 17:00-18:00	Lake Swim 16:00-17:00	Lake Swim 15:00 – 16:00	Lake Swim 15:00 – 16:00