

DASC TRAINING PROGRAMME - **SUNDAY 28TH JANUARY 2024**

DAY	TIME	HOURS	VENUE	SQUAD
Mon pm	6.00-7.30pm	1.5	Longfield	A2
	6.15-7.45pm	1.5	Dolphin Centre Back Tank	A1
	7.00-9.00pm	2	Education Village	TOP
Tue am	6.15-7.15am	1	Dolphin Centre	TOP
Tue pm	5.30-6.30pm	1	Dolphin Centre	B2
	5.30-7.00pm	1.5	Dolphin Centre	A3
	5.30-7.00pm	1.5	Dolphin Centre	A2
	7.00-9.00pm	2	Dolphin Centre	A1
	6.45-9.00pm	2.25	Dolphin Centre	TOP
Wed pm	6.00-7.00pm	1	Longfield	A3
	7.00-8.00pm	1	Longfield	A2
	7.00-8.30pm	1.5	Education Village	A1
	6.15-7.15pm	1	Dolphin Centre	Land Training
	7.30-9.00pm	1.5	Dolphin Centre	TOP
Thu am	6.15-7.15am	1	Dolphin Centre	A1 and A2
Thu pm	7.15-9.00pm	1.75	Education Village	TOP
	6.00-7.30pm	1.5	Longfield	A3
	7.30-8.45pm	1.25	Longfield	A1
Fri am	6.15-7.15am	1	Dolphin Centre	TOP
Fri pm	6.00-7.30pm	1.5	Longfield	A2
Sun pm	4.00-5.00pm	1	Dolphin Centre	B2
	4.00-5.00pm	1	Dolphin Centre	A3
	4.00-6.00pm	2	Dolphin Centre	A1
	4.45-7.00pm	2.25	Dolphin Centre	TOP
	6.00-7.00pm	1	Dolphin Centre	A2