

DASC TRAINING PROGRAMME

28th March 2025

Day	Time	Hours	Venue	Squad	Comment
Monday PM	6.00-7.00pm	1 5	LF	A2	
	7.00-8.30pm	1 5	DC	A1	Training Pool
	7.30-9.00pm	1 5	EV	TOP	
Tuesday AM	6.15-7.15am	1	DC	TOP	
Tuesday PM	5.30-6.30pm	1	DC	B2	
	5.30-7.00pm	1 5	DC	B1	
	5.30-7.00pm	1 5	DC	A2	
	7.00-9.00pm	2	DC	A1	
	6.45-9.00pm	2 25	DC	TOP	
	7.30-8.30pm	1	DC	A3	Training Pool
Wednesday PM	6.00-7.30pm	1 5	LF	A2	
	7.15-8.30pm	1 25	EV	A1	
	7.00-9.00pm	2	DC	TOP	
Thursday AM	6.15-7.15am	1	DC	A1 & A2	
Thursday PM	6.00-7.30pm	1 5	LF	A3	
	7.30-8.45pm	1 25	LF	A1	
	7.30-9.00pm	1 5	EV	Top	
Friday AM	6.15-7.15am	1	DC	Top	
Friday PM	6.00-7.30pm	1 5	LF	A3	
Sunday PM	4.00-5.00pm	1	DC	B2	
	4.00-5.00pm	1	DC	B1	
	4.00-5.00pm	1	DC	A3	
	4.45-7.00pm	2 25	DC	TOP	
	5.00-7.00pm	2	DC	A1	
	5.00-7.00pm	2	DC	A2	Training Pool