

DASC TRAINING PROGRAMME - TUESDAY 30TH APRIL 2024

DAY	TIME	HOURS	VENUE	SQUAD	COMMENT
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	B1	
	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	
	6.00-6.55pm	1	Education Village Dance Studio	Land Training	A1 Squad
	7.00-8.30pm	1.5	Education Village	A1	
	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	B1	
	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	