

Dunmow Atlantis SC - Training Timetable

	6.15am-7.45am	8.00 am-9.00am	4.30pm-6.00pm	6.00pm	6.15pm	6.30pm	6.45pm	7.00pm	7.15pm	7.30pm	7.45pm	8.00pm	8.15pm	8.30pm	8.45pm	9.00pm	
Monday	Rookie							Regional									
	Competitive							County									
Tuesday	Regional																
	County																
Wednesday	Rookie			Strength and Conditioning								Masters					
	Competitive			Development (Felsted)								Fitness					
Thursday	Regional			Academy (Felsted)													
	County			Development (Felsted)													
				Academy (Felsted)				Regional									
								County									
Friday				Rookie B				Rookie A									
	Regional			Competitive				Fitness									
	County							Regional									
Saturday								County									
								Competitive									
								Rookie									
Sunday		Invitation Only	Regional LC at Basildon														
								Masters									

Regional	11 hours	Competitive	6.5 hours	Development	2 hours	Fitness	2 hours
County	9 hours	Rookie	5.5 hours	Academy	2 hours	Masters	2.5 hours

Strength and Conditioning - Head Coaches Invitation Only - Pure Health Body Gym