

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									
	Masters							Competitive									
								Masters									
Tuesday	Regional																
	County																
Wednesday	Rookie			Strength and Conditioning								Masters					
	Competitive			Development (Felsted)							Fitness						
				Academy (Felsted)													
Thursday	Regional			Development (Felsted)													
	County			Academy (Felsted)													
				Regional													
				County													
Friday				Rookie B			Rookie A										
	Regional			Competitive													
	County			Rookie A and B			Regional										
Saturday				County													
				Competitive													
Sunday		Invitation Only	Regional LC at Basildon														

Regional	10.5 hours	Competitive	6 hours	Development	2 hours	Fitness	2 hours
County	9 hours	Rookie	5 hours	Academy	2 hours	Masters	3.5 hours

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