

Dunmow Atlantis SC - Training Timetable

	6.00am-7.00am	8.00am-9.00am	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	Regional A-N						Regional O-Z				Regional A-N				
	County A-L						County M-Z				County A-L				
	Jnr County A-L						Jnr County M-Z				Jnr County A-L				
	Competitive A-L						Competitive M-Z				Competitive A-L				
	Masters						Masters								
Tuesday															
Wednesday	Regional O-Z						Regional A-Z				Masters				
	County M-Z						County A-L (week 1 and 3) County M-Z (week 2 and 4)								
	Jnr County M-Z						Jnr County A-L (week 1 and 3)		Jnr County M-Z (week 2 and 4)						
	Competitive M-Z						Competitive A-L (week 1 and 3)		Competitive M-Z (week 2 and 4)						
Thursday							Regional A-N				Regional O-Z				
							County A-L				County M-Z				
							Jnr County A-L				Jnr County M-Z				
							Rookie A-Z				Competitive A-Z				
Friday				Rookie A-Z			Regional O-Z				Regional A-N				
				Academy A-Z			County M-Z				County A-L				
							Jnr County M-Z				Jnr County A-L				
							Rookie A-Z				Competitive A-Z				
Saturday															
Sunday		Rookie A-Z													
		Academy A-Z													

Regional
County

Jnr County
Competitive

Rookie
Academy

Masters