



# Academy Squad Timetables

All sessions at Mountbatten Centre unless noted otherwise below the time

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dolphins Red Sarah		16:15-17:00					
Dolphins White Dan			16:15-17:00				
Dolphins Blue Lee				16:15-17:00			
White Academy Sam	16:00-17:00				16:00-17:00		
Red Academy MBC Lisa			18:00-19:00			17:00-18:00	
Blue Academy Robin			17:00-18:00			17:00-18:00	
Academy Eastney Rachel		17:00-18:00 EASTNEY		17:00-18:00 EASTNEY			



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Squad:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bronze (younger age group) Dan/Madeleine		17:30-18:30 ST EDS	17:30-18:30 ST EDS		19:00-20:00	15:00-17:00	
Bronze Plus (older age group) Dan/Madeleine		18:30-19:30 ST EDS	18:30-19:30 ST EDS		19:00-20:00	15:00-17:00	
Silver Will	16:00-17:00	05:30-07:00 16:00-17:00	17:00-19:00		05:30-07:00 17:30-19:00 ST EDS	05:00-08:00	
Gold : AM MBC PM Sarah	16:00-18:00 HMS Tembraire	05:00-07:00 17:00-19:00		05:00-07:00 16:00-18:00 HMS Tembraire	17:00-19:00	05:00-08:00	



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Squad:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Junior Performance Lee	05:00-07:00 17:00-19:00	16:00-18:00 HMS Temeraire	05:00-07:00	17:00-19:00	05:00-07:00 16:00-18:00 HMS Temeraire	05:00-08:00	
Senior Performance James / Will	05:00-07:30 17:00-19:00	05:00-07:30 17:00-19:00	16:00-18:00 HMS Temeraire	05:00-07:30 17:00-19:00	05:00-07:30 17:00-19:00	05:00-08:00	
Club Squad Madeleine/Rachel		19:00-20:00 MBC	05:30-07:00 MBC 19:30-20:30 ST EDS		20:00-21:00		
Triathlon (MBC) Trevor		16:00-17:00 Pool 17:00-18:00 Run	05:30-07:00 Pool	16:00-17:00 Pool 17:00-18:00 Run/Bike	1900-2000 Run 20:00-21:00 Swim		
Masters Sam/Neil	05:30-07:00 19:00-20:00	19:00-20:00	05:30-07:00 19:00-21:00		05:30-07:00 20:00-21:00		07:00-09:00