



# Squad Timetables 3 April – 9 April

**NOTE - All sessions at Mountbatten Centre unless noted otherwise below the time**

Squad	Monday 3 <sup>rd</sup> April	Tuesday 4 <sup>th</sup> April	Wednesday 5 <sup>th</sup> April	Thursday 6 <sup>th</sup> April	Friday 7 <sup>th</sup> April	Saturday 8 <sup>th</sup> April	Sunday 9 <sup>th</sup> April
Dolphins	16:15-17:00				16:15-17:00		
Red Academy MBC			18:00-19:00			17:00-18:00	
Blue Academy MBC			17:00-18:00			17:00-18:00	
Academy Eastney		17:00-18:00 EASTNEY		17:00-18:00 EASTNEY			
Bronze Mountbatten		19:00-20:00	16:00-17:00		19:00-20:00	15:00-17:00	
Bronze St Ed		18:30-19:30 ST EDS	18:30-19:30 ST EDS		19:00-20:00	15:00-17:00	
Silver	16:00-17:00	05:30-07:00 16:00-17:00	17:30-19:00		17:30-19:00 ST EDS	05:00-08:00	
Gold : AM MBC PM	16:00-17:30 MBC	05:00-07:00 17:00-19:00 (30 min land)		05:00-07:00 16:00-17:30 MBC	17:00-19:00 (30 min land)	05:00-08:00	



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Junior Performance	05:00-07:00 17:30-19:00	16:00-17:30 MBC	05:00-07:00	17:30-19:00	05:00-07:00 16:00-17:30 MBC	05:00-08:00	
Senior Performance	05:00-07:30 17:00-19:00	05:00-07:30 17:00-19:00	16:00-17:30 MBC	05:00-07:30 17:00-19:00	05:00-07:30 17:00-19:00	05:00-08:00	
Club Squad Tues/Wed PM St Edmunds school		17:30-18:30 ST EDS	05:30-07:00 MBC 17:30-18:30 ST EDS		20:00-21:00		
Triathlon (MBC)		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	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



## Squad Timetables 10th – 16th April

NOTE - All sessions at Mountbatten Centre unless noted otherwise below the time

Squad	Monday 10 <sup>th</sup> April	Tuesday 11 <sup>th</sup> April	Wednesday 12 <sup>th</sup> April	Thursday 13 <sup>th</sup> April	Friday 14 <sup>th</sup> April	Saturday 15 <sup>th</sup> April	Sunday 16 <sup>th</sup> April
Dolphins	16:15-17:00				EASTER MEET No training		
Red Academy MBC			18:00-19:00			EASTER MEET No training	
Blue Academy MBC			17:00-18:00			EASTER MEET No training	
Academy Eastney		17:00-18:00 EASTNEY		17:00-18:00 EASTNEY			
Bronze Mountbatten		19:00-20:00	16:00-17:00		EASTER MEET No training		
Bronze St Ed		19:00-20:00 MBC	16:00-17:00 MBC		EASTER MEET No training		
Silver	16:00-17:00	05:30-07:00 16:00-17:00	17:30-19:00		EASTER MEET No training	EASTER MEET No AM training	
Gold : AM MBC PM	16:00-18:00 MBC (30 min land)	05:00-07:00 17:00-19:00 (30 min land)		05:00-07:00 No evening training	EASTER MEET No training	EASTER MEET No MORNING training	



## Squad Timetables 10th – 16th April

Squad	Monday 10 <sup>th</sup> April	Tuesday 11 <sup>th</sup> April	Wednesday 12 <sup>th</sup> April	Thursday 13 <sup>th</sup> April	Friday 14 <sup>th</sup> April	Saturday 15 <sup>th</sup> April	Sunday 16 <sup>th</sup> April
Junior Performance	05:00-07:00 17:30-19:00	16:00-17:30 MBC	05:00-07:00	EASTER MEET No training	EASTER MEET No training	EASTER MEET No training	
Senior Performance	05:00-07:30 17:00-19:00	05:00-07:30 17:00-19:00	16:00-17:30 MBC	05:00-07:30 EASTER MEET No pm training	EASTER MEET No training	EASTER MEET No training	
Club Squad Tues/Wed PM St Edmunds school		16:00-17:00 MBC	05:30-07:00 MBC NO PM TRAINING		EASTER MEET No training		
Triathlon (MBC)		16:00-17:00 Pool 17:00-18:00 Run	05:30-07:00 Pool	EASTER MEET No POOL Training 17:00-18:00 Run/Bike	1900-2000 Run EASTER MEET No POOL Training		
Masters	05:30-07:00 19:00-20:00	19:00-20:00	05:30-07:00 19:00-21:00		EASTER MEET No training		EASTER MEET No training



# Squad Timetables 17th – 23rd April

**NOTE NO TRAINING BANK HOLIDAY MONDAY 17<sup>TH</sup> APRIL**

NOTE - All sessions at Mountbatten Centre unless noted otherwise below the time

Squad	Monday 17 <sup>th</sup> April	Tuesday 18 <sup>th</sup> April	Wednesday 19 <sup>th</sup> April	Thursday 20 <sup>th</sup> April	Friday 21 April	Saturday 22nd April	Sunday 23 <sup>rd</sup> April
Dolphins	BANK HOLIDAY NO TRAINING				16:15-17:00		
Red Academy MBC			18:00-19:00			17:00-18:00	
Blue Academy MBC			17:00-18:00			17:00-18:00	
Academy Eastney		17:00-18:00 EASTNEY		17:00-18:00 EASTNEY			
Bronze Mountbatten		19:00-20:00	16:00-17:00		19:00- 20.00	15:00 – 17:00	
Bronze St Ed		19:00-20:00 MBC	16:00-17:00 MBC		19:00- 20.00	15:00 – 17:00	
Silver	BANK HOLIDAY NO TRAINING	05:30-07:00 16:00-17:00	17:00-19:00		05:00-07:00 16:00-17:00 MBC	05:00 – 08:00	
Gold : AM MBC PM	BANK HOLIDAY NO TRAINING	05:00-07:00 17:00-19:00		05:00-07:00 16:00-18:00 HM TEMERAIRE	17:00-19:00	05:00 – 08:00	



## Squad Timetables 17th – 23rd April

**NOTE NO TRAINING BANK HOLIDAY MONDAY 17<sup>TH</sup> APRIL**

Squad	Monday 17 <sup>th</sup> April	Tuesday 18 <sup>th</sup> April	Wednesday 19 <sup>th</sup> April	Thursday 20 <sup>th</sup> April	Friday 21 April	Saturday 22nd April	Sunday 23 <sup>rd</sup> April
Junior Performance	BANK HOLIDAY NO TRAINING	16:00-18:00 TEMERAIRE	05:00-07:00	17:00-19:00	05:00-07:00 16:00-18:00 TEMERAIRE	05:00-08:00	
Senior Performance	BANK HOLIDAY NO TRAINING	05:00-07:30 17:00-19:00	16:00-18:00 TEMERAIRE	05:00-07:30 17:00-19:00	05:00-07:30 17:00-19:00	05:00-08:00	
Club Squad Tues/Wed PM St Edmunds school		16:00-17:00 MBC	05:30-07:00 MBC NO PM TRAINING	16:00-17:00 MBC	20:00-21:00		
Triathlon (MBC)		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	BANK HOLIDAY NO TRAINING	19:00-20:00	05:30-07:00 19:00-21:00		05:30-07:00 2000-21:00		07:00-09:00