

DSC VIRTUAL SCHEDULE COMMENCING 9TH NOVEMBER 2020

| DSC VIRTUAL SCHEDULE COMMENCING 9th NOVEMBER 2020 | | | DEVELOPMENT | TRANSITION | COMPETITION BAGCAT | SPRINT 1 | SPRINT 2 | SPRINT 3 | PERFORMANCE |
|--|-----------------------------------|-------------------|--------------------|-------------------|---------------------------|-----------------|-----------------|-----------------|--------------------|
| MONDAY | FULCRUM - STRENGTH & CONDITIONING | 7pm - 8pm | YES | YES | | | | | |
| | | 8pm - 9pm | | | YES | YES | YES | YES | YES |
| WEDNESDAY | DEV - HiiT | 6pm - 6.45pm | YES | YES | YES | | | | |
| | | 6.45pm - 7.30pm | | | | YES | YES | YES | YES |
| THURSDAY | AGA - YOGA - FLEXIBILITY | 7pm - 8pm | YES | YES | YES | YES | YES | YES | YES |
| SATURDAY | DEV - HiiT | 10.30am - 11.30am | | | | | YES | YES | YES |

ALL VIA ZOOM