

Academy 2 A		
Monday	Houghton Leisure Centre	18.30 – 19.15
Academy 2 B		
Monday	Houghton Leisure Centre	19.15 – 20.00
Academy 3 A		
Sunday	Houghton Leisure Centre	08.00 – 08.45
Academy 3 B		
Sunday	Houghton Leisure Centre	08.45 – 09.30
Development		
Monday	Zoom - Land Training	19.00 - 20.00
Tuesday	Dunstable Centre	19.15 - 20.15
Transition		
Monday	Zoom - Land Training	19.00 - 20.00
Friday	Dunstable Centre	19.15 - 20.15
Sunday	Dunstable Centre	15.00 - 15.45
Competition BagCat		
Monday	Zoom - Land Training	20.00 – 21.00
Tuesday	Dunstable Centre	19.15 - 20.15
Friday	Dunstable Centre	20.30 - 21.30
Sprint 1		
Monday	Zoom - Land Training	20.00 – 21.00
Tuesday	Dunstable Centre	20.30 -21.30
Friday	Dunstable Centre	20.30 - 21.30
Sunday	Dunstable Centre	15.00 - 15.45
Sprint 2		
Monday	Zoom - Land Training	20.00 – 21.00
Tuesday	Dunstable Centre	20.30 -21.30
Wednesday	Dunstable Centre	20.15 - 21.30
Saturday	Land Training (Park)	11.30 - 12.15
Sunday	Dunstable Centre	16.00 - 17.15
Sprint 3		
Monday	Zoom - Land Training	20.00 – 21.00
Tuesday	Dunstable Centre	20.30 -21.30
Wednesday	Dunstable Centre	20.15 - 21.30
Thursday	Zoom - Land Training	20.00 - 21.00
Saturday	Land Training (Park)	10.45 - 11.30
Sunday	Dunstable Centre	16.00 - 17.15
Performance		
Monday	Zoom - Land Training	20.00 – 21.00
Wednesday	Dunstable Centre	20.15 - 21.30
Thursday	Zoom - Land Training	20.00 - 21.00
Friday	Dunstable Centre	19.15 - 21.30
Saturday	Land Training (Park)	10.00 - 10.45
Sunday	Dunstable Centre	16.00 - 17.15