

# DSC Schedule May 2023

Academy 2				
Thursday	Dunstable	19:00 – 19:45		
Friday	Dunstable	19:00 – 19:30		
Sunday	St Albans	09:00 – 10:00		
Academy 3				
Thursday	Dunstable	19:00 – 19:45		
Friday	Dunstable	19:30 – 20:00		
Sunday	St Albans	09:00 – 10:00		
Development				
Wednesday Land training	Dunstable	18.45 – 19.45		
Wednesday	Dunstable	20:00 – 20:45		
Friday	Dunstable	19:00 – 20:00		
Sunday	St Albans	09:00 – 10:00		
Transition				
Tuesday	Dunstable	19:00 – 20:00		
Wednesday Land Training	Dunstable	18.45 – 19.45		
Wednesday	Dunstable	20:00 – 20:45		
Friday	Dunstable	20:00 – 21:00		
Sunday	St Albans	09:00 – 10:00		
Competition Bagcat				
Tuesday	Dunstable	19:00 – 20:00		
Wednesday Land Training	Dunstable	18.45 – 19.45		
Wednesday	Dunstable	20:45 – 21:45		
Friday	Dunstable	19:00 – 20:00		
Saturday	Inspire	9.00 – 10.00		Book via google form
Sunday	St Albans	10:00 – 12:00		
Sprint 1 & 2				
Tuesday	Dunstable	20:00 – 21:00		
Wednesday Land Training	Dunstable	18.45 – 19.45		
Wednesday	Dunstable	20:45 – 21:45		
Thursday	Dunstable	19:45 – 21:00		
Friday	Dunstable	20:00 – 21:00		
Saturday	Inspire	09:00 – 10:00		Book via google form
Sunday	St Albans	10:00 – 12:00		
Sprint 3				
Monday	Dunstable	19:00 – 20:00		
Tuesday	Dunstable	19:00 – 21:00		
Wednesday Land Training	Dunstable	18.45 – 19.45		
Wednesday	Dunstable	20:00 – 21:45		
Thursday	Dunstable	19:45 – 21:00		
Saturday	Inspire	09:00 – 10:00		Book via google form
Sunday	St Albans	10:00 – 12:00		
Performance				
Monday	Dunstable	19:00 – 21:00		
Tuesday	Dunstable	19:00 – 21:00		
Wednesday Land Training	Dunstable	18.45 – 19.45		
Wednesday	Dunstable	20:00 – 21:45		
Thursday	Dunstable	19:45 – 21:00		
Friday	Dunstable	20:00 – 21:00		
Saturday	Inspire	09:00 – 10:00	Book via google form	
Sunday	St Albans	10:00 – 12:00		
Masters				
Monday	Dunstable	20:00 – 21:00		
Tuesday	Dunstable	20:00 – 21:00		
Wednesday	Dunstable	20:45 – 21:45		
Saturday	Inspire	09:00 – 10:00		Book via google form
Sunday	St Albans	10:00 – 12:00		
Fitness Masters				
Sunday	St Albans	10.00 – 12.00		