

December 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25	26	27	28	29	30	1
Training as normal		Training as normal		Training as normal		Training as normal
2	3	4	5	6	7	8
Training as normal		Training as normal		Training as normal	Winter Wipeout	Winter Wipeout Training as normal
9	10	11	12	13	14	15
Training as normal		Training as normal		Training as normal		Training as normal
16	17	18	19	20	21	22
Training as normal		Training as normal		Training as normal		Training as normal
23	24	25	26	27	28	29
Training as normal		No Training		Christmas Hours 4-6pm See events tab on website for more info		Christmas Hours MASTERS ONLY
30	31	Notes See www.dissotters.co.uk/calendar for details of squad timings for Christmas hours				
Christmas Hours 4-6pm See events tab on website for more info						

January 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Christmas Hours 4-6pm See events tab on website for more info	31	1 No Training	2	3 Training as normal	4	5 Training as normal
6 Training as normal	7	8 Training as normal	9	10 Training as normal	11	12 Training as normal Long Course Training 8-9pm
13 Training as normal	14	15 Training as normal	16	17 Training as normal	18	19 Training as normal
20 Training as normal	21	22 Training as normal	23	24 Training as normal	25	26 County Champs Reduced training 3-4pm only
27 Training as normal	28	29 Training as normal	30	31 Training as normal	1	2 County Champs Reduced training 3-4pm only
3 Training as normal	4	Notes See www.dissotters.co.uk/calendar for details of squad timings for Christmas hours				