Club Timetable

Foundation	Development	Junior Performance
Training Times Thursday S&C 6-7pm @ MG Fitness Friday 6.15 – 7.15pm @ Diss Sunday 2.30 – 3.30pm @ Diss	***Training Times*** Monday 6.15 – 7.15pm @ Diss Wednesday 6:15 – 7:15pm @ Diss Thursday S&C 6-7pm @ MG Fitness Sunday 3:30 – 4:30pm @ Diss	***Training Times*** Monday 7.15 – 8.15pm @ Diss Wednesday 6:15 – 7:15pm @ Diss Thursday S&C 6-7pm @ MG Fitness Friday 7.15 – 8.15pm @ Diss Sunday 3:30 – 4:30pm @ Diss
County Performance	**Regional Performance**	**Masters**
Training Times Monday 6:15 – 8:15pm @ Diss Wednesday 7:15 – 8:15pm @ Diss Thursday S&C 6-7pm @ MG Fitness Friday 6:15 – 8:15pm @ Diss Sunday 2:30 – 3:30pm @ Diss	***Training Times*** Monday 6:15 – 8:15pm @ Diss Wednesday 6:15 – 8:15pm @ Diss Thursday S&C 6-7pm @ MG Fitness Friday 6:15 – 8:15pm @ Diss Sunday 2:30 – 4:30pm @ Diss	***Training Times*** Wednesday 7:15 – 8:15pm @ Diss Friday 8:15 – 9:15pm @ Diss Sunday 08:30 – 9:30am @ Diss